



## THIRSTY CROPS AND HUNGRY CITIES

By Chelsea McGuire, Formerly Arizona Farm Bureau Government Relations Director

Why do we grow thirsty crops in the desert? It's a question that staff at the Arizona Farm Bureau have been hearing more and more over the years, but especially in recent months. Decades-long drought on the Colorado River have led to severe water cuts in Arizona. In 2022, the Bureau of Reclamation (the federal agency in charge of water storage and delivery in the West) declared the first Tier One Shortage on the river. That declaration triggered "shortage sharing" guidelines that required Arizona to forgo 512,000-acre feet of its 2.8 million acre-foot allotment of Colorado River water. Those cuts fell largely on the backs of agricultural water users in Central Arizona, who rely on the Central Arizona Project (CAP) canal to deliver that water to their farms. Yet every time we tell this story, and explain the implications of eliminating half of Central Arizona's agricultural water supply, we're met with the same question: why are we growing thirsty crops in the desert?

To answer that, I like to ask a question of my own: how are we going to feed hungry cities without growing thirsty crops?

Agriculture uses water to create food for your family and mine. And there's no better example of this than one of Arizona's most frequently debated (and often villainized) crops: alfalfa. All the time, we hear that alfalfa isn't a "food" commodity, it takes a significant amount of water to grow, and it has no place in a desert landscape. And while it's true that you and I don't regularly enjoy a flake of hay for breakfast, that hay is a major (and irreplaceable) contributor to something we likely do consume on a regular basis: milk. Historically, dairy products are some of the most regionally specific commodities. Shipping costs and perishability require dairy to be produced close to the end market. In Arizona's case, our dairies must be located close to markets in Phoenix to provide the liquid milk, yogurt, cheese and other dairy products consumed by a growing population. To maximize efficiency, it makes sense for their feed supply to be close, too.

### Can't We Grow the Feed Somewhere Else?

But wait: if we're in the middle of a historic drought, why don't we just grow the feed somewhere that does have water and ship it here? Isn't it more sustainable to locate production where the resources exist? Well, if sustainability has anything to say about it, the answer is a resounding no. First, shipping feed requires resources as



Arizona's essential alfalfa.

well: time, labor and significant fossil fuel use is needed to move the quantities of feed required to sustain an entire dairy industry. But to grow this feed "somewhere else" also ignores the biggest advantage that Arizona's farmers have in the world of crop production: our climate.

Our warm, dry climate facilitates an ecosystem where alfalfa thrives. As a result, Arizona's alfalfa yields – the amount of alfalfa grown per acre of land – are among the highest in the world. Our farmers can produce an average of 8.2 tons of alfalfa per acre, compared to the nationwide average of 3.2 tons. To grow an equivalent amount of alfalfa anywhere else would require more land, more fossil fuel resources, and, yes – more water.

When you hear that agriculture uses 72% of the water in Arizona, it is easy to draw the conclusion that the best way to save water for growing urban populations is to take it from the largest user. In reality, that water is already

being consumed by that urban population each and every time they sit down for a meal. Thanks to our alfalfa and decades of innovation in dairy genetics and production practices, 97 percent of the milk we see in our stores came from an Arizona dairy – no matter the brand. About 70 percent of the milk produced in our state is purchased by Arizona customers, including brands we all know and love, like Daisy Sour Cream, Shamrock Farms, and Fairlife. Taking water from farmers doesn't create more water to go around. But it does erode the reliability and affordability of our food system. In a time when inflationary pressures and economic uncertainty are making it harder and harder for many families to put food on the table, why would our state further erode that stability by limiting our ability to produce food right here in Arizona?

Ultimately, pointing to the production of "thirsty crops" as the problem in our water issues oversimplifies a complex system and discounts Arizona's unique ecological features. Thanks to our climate, our innovation, and yes, our water, Arizona farmers produce more food, of higher quality, more efficiently and at times of year that cannot be replicated anywhere else in the world. Water use is not water waste. We all need Arizona agriculture, and Arizona agriculture needs water. So the next time your family sits down to a bowl of ice cream, a yogurt parfait, or just a tall glass of milk, remember: alfalfa (and water) made it possible. 🍦

## In this Issue

HYDRATION NEEDS VARY BY INDIVIDUAL - PAGE 2

# VERSATILE PANTRY STAPLES FOR QUICK MEALS

By Heide Kennedy, Arizona Farm Bureau Communications Intern

Often, when you're busy and haven't had time to prepare a meal or go grocery shopping, our go-to solution is to just eat out. But, in today's environment of high food inflation, this can get expensive, especially if you have a large family. Not to mention, while it is delicious, fast food is typically not the healthiest meal option available.

An easy solution to this problem is to stock the pantry with versatile staple foods so that preparing a meal is relatively quick and easy!

The following foods are [registered dietician Rachel Brief's](#) suggestions when it comes to stocking your pantry.


1. **Canned beans** – A great source of protein and fiber.
2. **Oats** – A great source of soluble fiber.
3. **Frozen vegetables and fruit** – Just as nutritious as fresh and longer lasting!
4. **Broths** – A good way to add flavor to cooked rice, or as a base for soups.
5. **Canned fish** – A great source of omega-3 fatty acids!

6. **Nut and seed butters** – These provide protein and healthy fats.
7. **Frozen, canned, or jarred artichokes** – These are a surprisingly good source of fiber.
8. **Dried pasta** – This is a super quick, convenient and shelf-stable food that can be used in many ways.

A few other foods that my mom always likes to keep in our pantry are rice, quinoa, potatoes, and jarred sauces! Really, any food that lasts a long time and can be used in a variety of recipes

When your pantry and freezer are full of versatile foods, just pick a protein, carb, and healthy fat and add some seasonings and voila! You have a healthy and delicious meal that wasn't too time-consuming to make!

Next time that you're at the grocery store, stock up on a few of these pantry staples so that making meals on a time crunch is quick and easy!

For more kitchen tips, delicious recipes, and more, check out the [Fill Your Plate blog!](#) 

# HYDRATION NEEDS VARY BY INDIVIDUAL

By Heide Kennedy, Arizona Farm Bureau Communications Intern

Unfortunately, the cooler temperatures have come to an end here in Arizona. Those triple-digit temperatures are here! Now that the heat is beginning to crank up, it is much more important to make sure that you are getting adequate hydration to beat the heat. But, when it comes to how much water you should be getting each day, it actually depends on the individual.

According to [registered dietician Rebecca Valdez](#), the general rule of thumb when it comes to drinking water is 9 cups for healthy adult women, and 13 cups for healthy adult men.


However, these amounts can vary drastically based on your personal lifestyle. Factors that could cause you to need more water daily include:

- Living or working in hot environments (If you work outside, you absolutely need more water in Arizona)
- Working out and sweating a lot
- Having a fever, diarrhea, or vomiting
- Being pregnant or breastfeeding

Getting enough water each day is super important, as it keeps you hydrated, regulates your blood pressure and body temperature, flushes out your body, and provides lubrication and cushioning for

your joints, among more!

Make sure to keep yourself and your family hydrated this summer! Not only will it help you beat the heat, but it will help keep you healthy overall!

For more health-related articles, check out the [Fill Your Plate blog!](#) 



**Take Fill Your Plate  
with You on  
the Road!**

The mobile friendly  
[fillyourplate.org](#) helps you search for...

- Farmer & Rancher Family Recipes
- Farm Products
- Farmers Markets
- Farms to Visit

# GREAT HEARING BENEFITS: A GREAT OPTION FOR HEARING AID COVERAGE

By Staff Reports

Hearing loss is a common problem that affects millions of Americans. "About 2 percent of adults aged 45 to 54 have disabling hearing loss," according to the National Institute on Deafness and Other Communication Disorders. "Yet, hearing aids can be expensive, making it difficult for many to afford the devices they need to improve their quality of life." Fortunately, Arizona Farm Bureau members can get discounted prices on hearing aid devices from [Great Hearing Benefits](#).

[Great Hearing Benefits](#) has become our newest member benefit. Great Hearing Benefits provides you and your immediate family members access to hearing care and hearing aids at discounted rates, potentially saving you thousands on hearing health care.



## Benefit Overview

Arizona Farm Bureau members can get up to 25% below retail pricing on Jabra consumer electronics, office and communication technology. Members also can receive up to 50% off retail pricing of today's top hearing aid technology. If you are unsatisfied with your new hearing aids within the first 60 days, members can return them for a full refund. Your hearing aids also come with a 3-year warranty and service plan, and members can visit any of their participating partner locations for free hearing aid service or warranty repair. [Great Hearing Benefits](#) will also replace your hearing aid if they get lost or stolen.

Please take advantage of all our [health care](#) benefits and a wide



**I know you say I need life insurance, but isn't my policy through work enough?**

Having any type of coverage is a good start, but not all policies are equal. An individual policy can be customized in many ways and move with you if you change jobs.

**Contact your Farm Bureau agent today and be sure your life insurance meets your unique needs.**



Farm Bureau Life Insurance Company\*/West Des Moines, IA. \*Company provider of Farm Bureau Financial Services. LI198 (3-23)

array of statewide and local benefits. Visit [AZFB.org/benefits](https://azfb.org/benefits). The Member Benefits page is categorized by benefit type and lets you quickly see what's available. Also, be sure to follow us on Facebook and Instagram. 🍌

# AG IN THE CLASSROOM CELEBRATES SPRING WITH THE PARTS OF A PLANT

By Katie Aikins, Arizona Farm Bureau Education Director

The Arizona Farm Bureau Ag in the Classroom Program (AZFB AITC) celebrated spring with a lesson on plants. Over 21,000 Kindergarten through 2nd grade students across the state learned the parts of the plant and all the fun ways to eat those parts as fruits and vegetables! After reading American Farm Bureau's 2022 Book of the Year *How to Grow a Monster*, students interacted with AITC staff and volunteers to build their own zucchini plant and identify what part of the plant they are consuming when they eat their favorite fruits and veggies.

This event was the 4th installment of the AZFB AITC Ag Literacy Events. Look for these events: Pumpkins (October), STEM (January for 3rd and 4th grade students), Dr Seuss (March) and Spring (April), to come to a classroom near you next year! If you are a teacher or know a teacher that would enjoy this presentation or other AITC resources, please direct them to [www.azfbaitc.org](mailto:www.azfbaitc.org). Remember, all AITC programs are provided FREE to schools! 🍌



# POOL SAFETY: KEEP A TOP PRIORITY

By Staff Report

**D**id you know two-thirds of all drownings happen between May and August? Warmer weather, long summer days, and more than 500,000 pools make Arizona prone to water-related incidents, according to poolresearch.com.

With swimming being one of the most popular summer activities for families, being aware of pool safety tips are vital for all ages.


The Arizona Department of Health Services recommends the following pool safety tips:



1. Children should never be left unattended in the pool or pool area.

2. Children should always be watched when in or around the pool area. Flotation devices and swimming lessons are not substitutes for supervision.

3. CPR instructions and the 911 emergency number should be posted in the pool area.
4. All residential pool owners should attend water rescue and CPR classes.
5. Lifesaving equipment should be easily accessible and stored in the pool area.
6. A phone should be in the pool area or easily accessible in case of an emergency.
7. All gate locks and latches should be checked regularly to insure they are working properly.
8. A gate should never be left propped open.
9. All items that could be used to climb a pool barrier should be removed from the barrier.

While enjoying vacation and summertime fun around the pool, think about pool safety. Employing rules for pool safety saves lives. 

# MAXIMIZING YOUR POWER TOOL BATTERIES: 5 TIPS FOR LONGER LIFE

By Staff Reports

**I**f you use power tools for home improvement or they are part of your daily work life, you know how crucial it is to have reliable batteries to complete your work quickly and efficiently. Whether you are an agricultural producer, construction worker, woodworker, or DIY enthusiast, your power tools' performance can directly affect

your productivity. That's why caring for your batteries is essential to ensure they last a long time.

Here are five tips to help you maximize the life of your power batteries and get the most out of your tools.

**Use the Right Charger**

See **POWER TOOL** Page 6

Entertainment

**Harkins  
Theatres**

**LEGOLAND  
CALIFORNIA**

**SeaWorld  
San Diego**

**Tickets  
atWork**.com

Entertainment

**LEGOLAND  
DISCOVERY CENTER  
ARIZONA**  
ARIZONA MILLS

**Knott's  
BERRY FARM**

**SAN DIEGO ZOO SAFARI PARK**  
SAVE \$5 on admission

**SEA LIFE** 

Entertainment

**phoenix zoo**  
ARIZONA CENTER FOR NATURE CONSERVATION

Personal/  
Business

**AmeriGas**  
America's Propane Company  
RELIABLE. SAFE. RESPONSIVE  
(480) 635-3618

**CASE II**

**Deason Garner  
Law Firm**  
TRUSTS | WILLS | MEDICAID | PROBATE

**Office  
DEPOT**

Personal/  
Business

**JOHN DEERE**  
**GRAINGER**  
FOR THE ONES WHO GET IT DONE

**TRULY NOLEN**  
PEST CONTROL TERMINATOR

**BLAKE & PULSIFER™ PLC**

**CATERPILLAR**  
**FARM BUREAU  
MORTGAGE**

**OASIS  
OUTSOURCING**

# SUMMERTIME EQUALS FUN TIME AND FAMILY TIME, BUT PICK THE RIGHT CAR RENTAL

By Peggy Jo Goodfellow, former Arizona Farm Bureau Marketing Manager

I love to drive! In fact, it re-energizes me. So, when out-of-town business trips or vacation plans come up, I use my Farm Bureau member benefit and rent a car. The cost to rent a vehicle doesn't have to be pricy. And, when it's for family vacations, car rental can become the most important pre-planned component of your trip.

Your Farm Bureau membership card can get you a good rental car discount at more than one rental company. This is the time to price and pre-plan!

And, when you've secured the rental, flown to your destination and have headed to the rental car place, my first act of the process happens even before stepping into the vehicle. I've learned from past experiences that it's always a good idea to check the car thoroughly before driving away. Also, make sure you know the location of the gas tank and set your mirrors.

Consider these five tips on choosing a rental car for your vacation:

Choose a vehicle that offers comfortable seating for everyone.

Count the number of people you might transport during your vacation or business trip and make sure the vehicle is large enough for everyone.

Consider everything you plan to take with you and make sure it will all fit in the vehicle you plan to rent.

Check on the fuel economy of the cars you are considering. Small cars generally get better fuel economy than vans or trucks. Try to find the perfect balance between gas mileage and comfort when choosing your rental car.

Find out if your car insurance or Credit Card Company covers rental insurance, which can be a pricey add-on.

Compare several rental agencies and locations to find the best price.

Now you can relax and enjoy your trip! 🏖️



# GET OUT AND EXPLORE WITH FORD F-150

By Joel Carr, Arizona Farm Bureau Outreach Manager-Membership Value

If you own a Ford F-150 pickup truck, you know how versatile and powerful it is. In fact, Ford was the #1 vehicle sold in 2021. F-150 pickup truck use is endless.

One of the most popular and fun activities you can do with your Ford F-150 is camping with your family. Camping with your truck is a great way to experience the outdoors while enjoying the convenience of having all your camping gear. With the right setup, you can have a comfortable and safe place to stay on the road. From tents and tarps to sleeping bags and camp stoves, these items will make your camping experience more enjoyable. With careful planning, you can make sure that your supplies are organized and ready for use when needed. Be sure to pack See **EXPLORE WITH FORD** Page 7

## HEALTH CARE



## VEHICLE



## PETS

National Benefit Builders, Inc.



## MISC.



## INSURANCE/ FINANCE



## CLOTHING



Exquisiteswimwear.com

## TRAVEL



## FENCE LINE: ARIZONA FARM BUREAU'S SPEAKERS BUREAU

By Staff Reports

The pandemic drastically changed the way we work and interact with others. As those with a desk job shifted to remote work, virtual meetings, and presentations became the standard for professionals worldwide.

While initially, it was a bit daunting, the pandemic forced us to become experts in virtual meetings. We all had to master presenting, collaborating, and communicating effectively through digital platforms. The pandemic pushed us out of our comfort zones and helped us develop new skills that will serve us well in the future.



With most of us being virtual meeting pros, you can now book one of our Fence Line speakers to give a virtual presentation to your group. When was the last time you spoke to a farmer or rancher? Or, curi-

ous about the "State of Arizona Agriculture?" Our speakers are always willing to talk about the benefits of Arizona's agriculture whether it's an in-person meeting or virtually via Zoom or Microsoft Teams.

Fence Line, the Arizona Farm Bureau Agriculturalist Speakers'

Bureau, is a nonprofit program that educates consumers about agriculture practices, food safety, and locally grown food. Reach out to us if you're looking for an expert within Arizona agriculture.

**Some of the topics that our farmers and ranchers are passionate about:**

- Food Safety
- Buying Local
- The State of Arizona Agriculture: The Big Picture
- Farming Methods
- Misconceptions about Agriculture
- Agritourism
- Animal Care
- Protecting your Agriculture

For more information about Fence Line, call 480-635-3609 or email [outreach@azfb.org](mailto:outreach@azfb.org). We can handle any topic you're interested in as it relates to Arizona agriculture! 🍌

## POWER TOOL *Continued from Page 4*

Using the wrong charger for your power tool battery can significantly reduce lifespan. Always use the charger recommended by the manufacturer. If you need to purchase a new charger, ensure it is compatible with your battery's chemistry.

### Charge Batteries Fully

When charging your power tool batteries, charge them thoroughly before using them. Partial charging can cause a memory effect, where the battery "remembers" its last charge and reduces its capacity over time.

### Store Batteries Properly

Proper storage of your power tool batteries can help maximize their lifespan. Please keep them in a cool, dry place, away from direct sunlight and moisture. Avoid storing batteries in extreme temperatures or humid environments.

### Use Your Batteries Regularly

If you don't use your power tool batteries regularly, they can lose capacity over time. Try to use them at least once every three months to keep them in good condition.

### Replace Batteries When Needed

Power tool batteries have a finite lifespan and will eventually need to be replaced. If your batteries are not charging like they used to, it's time to replace them. Don't keep using a faulty battery; it can damage your power tool and cause injury.

Maximizing the life of your power tool batteries can save you time and money in the long run. Remember to use the correct charger, charge batteries fully, store them correctly, use them regularly, and replace them when needed. By following these tips, you can ensure your power tools are always ready to go when needed.

If you're a Farm Bureau member, you can take advantage of all the fantastic [home improvement](#) benefits that come with it. Like

Grainger. Grainger offers Farm Bureau members discounted prices on numerous products, including power tools. 🍌

## Great Hearing. Great Benefits. That Simple.



As a member of the **Arizona Farm Bureau**, you have access to the **Great Hearing Benefits (GHB) program**. GHB provides family members access to hearing care and hearing aids at discounted rates.

- Up to 50% below-MSRP pricing on today's top hearing aids.
- Free 60-day trial.
- 3-year warranty and service plan.
- 4,500 nationwide locations for free hearing aid service or repair.
- Share your benefits with up to three immediate family members.



[greathearingbenefits.com/farmbureau-az](https://greathearingbenefits.com/farmbureau-az)

Call now to schedule your appointment  
**1 (877) 684-8885**

# TEN WAYS TO MAKE FRENCH TOAST

By Joel Carr, Arizona Farm Bureau Outreach Manager-Membership Value

Do you love breakfast just as much as I do? You may have been searching for a delicious and easy-to-make dish to try for your next brunch.

A classic French Toast breakfast is a favorite among many, and for a good reason, with its warm and comforting flavors and crispy edges. French toast is the perfect indulgence to start your day off right. Whether you are in the mood for something sweet or savory, we've got you covered with some of the best French toast recipes. So, grab your ingredients and impress your family and friends with these mouth-watering French toast recipes!

## Recipes:

[Cinnamon Baked French Toast](#)

[Caramelized Sheet-Pan French Toast](#)

[Crème Brûlée French Toast](#)

[Overnight Creme Brûlée French Toast Bake](#)

[Cinnamon Vanilla Baked French Toast](#)

[Mocha French Toast Bake](#)

[Baked Cream Cheese French Toast Casserole](#)

[Baked French Toast With Fruit](#)

[Mixed Berries & Cream French Toast Bake](#)

[Nutella French Toast](#)

And of course, every one of these recipes is made even better with these toppings:

[Homemade Whipped Cream](#)

[Homemade Buttermilk Syrup](#)

[More delicious breakfast recipes!](#) 🍳

## EXPLORE WITH FORD Continued from Page 5

your hiking boots, [Arizona Farm Bureau](#) members receive 15% off on one regularly priced item at [Boot Barn](#).

As you already know, another fun activity you can do with your Ford F-150 is hunting and fishing. This at times is the best activity for any family to unwind. And what better way to enjoy these activities than with a Ford F-150 pickup truck? With their powerful engines, large cargo beds, and four-wheel drive systems, pickup trucks easily transport equipment and supplies to your favorite hunting or fishing spot.

It's never too late to get your own Ford Truck. Arizona Farm Bureau members receive [\\$500 off a new 2022, 2023, or 2024 Ford Ranger, Maverick, F-150 and Super Duty](#). To take advantage of this benefit, you must be a Farm Bureau member in good standing for at least 30 days before the date of purchase.

To see our wide array of statewide and local benefits, go to [AZFB.org/benefits](#). The Member Benefits page is categorized by benefit type and lets you quickly see what's available. Also, be sure to follow us on Facebook and Instagram. 🍳

## KICK UP YOUR APPETIZER GAME WITH THIS COWBOY CAVIAR RECIPE

By Staff Reports

Cowboy caviar is the perfect choice if you're looking for a flavorful and easy-to-make appetizer. This popular South-western dish is a hearty blend of beans, vegetables, and spices that is both healthy and delicious. Try this simple recipe for cowboy caviar that will impress your guests at your next party:

### Ingredients:

- One can of black beans, drained and rinsed.
- One can of corn drained.
- One red bell pepper, chopped.
- One green bell pepper, chopped.
- One small red onion, chopped.
- One jalapeno pepper seeded and chopped.
- 1/2 cup chopped cilantro.
- One avocado, chopped.
- 1/4 cup lime juice.
- Two tablespoons of olive oil.
- One teaspoon of garlic powder.
- Salt and pepper, to taste.
- Tortilla chips for serving.

### Instructions:

1. Combine the black beans, corn, red bell pepper, green bell pepper, red onion, jalapeno pepper, and cilantro in a large bowl.
2. Add the chopped avocado to the bowl and toss gently.
3. Whisk together the lime juice, olive oil, garlic powder, salt, and pepper in a separate bowl.
4. Pour the dressing over the vegetable mixture and toss until evenly coated.
5. Cover and refrigerate for at least 30 minutes to allow the flavors to meld together.
6. Serve with tortilla chips and enjoy!

This cowboy caviar recipe is delicious, healthy, and easy to make. It's a great way to sneak some veggies and beans into your diet. Plus, it's a crowd-pleaser that will have everyone returning for more.

If you're feeling adventurous, you can also customize this recipe to your liking. For example, add diced tomatoes, black-eyed peas, or even grilled chicken for extra protein. You can also adjust the spice level to your preference by adding more or less jalapeno pepper.

Cowboy caviar is a versatile and tasty appetizer perfect for any occasion. Whether you're hosting a party or just looking for a healthy snack, this recipe will indeed please. Give it a try and impress your guests with your Tex-Mex culinary skills. 🍳



**Arizona Farm Bureau**  
325 South Higley Rd, Suite 210, Gilbert, AZ 85296

## In this Issue

**POOL SAFETY: KEEP A TOP  
PRIORITY - PAGE 4**



*Arizona Agriculture's*

# CHOICES

