



NUMBERS TELL THE STORY OF AG EDUCATION

BY KATIE AIKINS, ARIZONA FARM BUREAU DIRECTOR OF AG EDUCATION

I often hear people say, "I remember when..." and then continue with some story of a time that was simpler, or harder, depending on the scenario. It is one of those statements that always has me looking back and smiling. Looking back at all the in-betweens; all the moments and milestones that got you to this point where you are now. It is a catalyst to recognizing how far something has come and all that has been accomplished.

So, on this 15th year of the Arizona Farm Bureau Ag in the Classroom (AZFB AITC) Program, let's remember when.

IN THE YEAR 2006

The year was 2006. Farmers and ranchers were facing a challenge as Arizona voters were going to the polls to vote on Prop 204 that would create more stringent housing requirements for animals in agriculture. They were facing a public that was now 3 to 4 generations removed from farming and ranching with little connection or understanding of agriculture, their food, and the farmer. This realization was the spark that ignited the AZFB AITC Program. A program that was developed to connect both student and adult consumers to their food and their farmers.

The first year of the Program was reliant on a single staffer for development and implementation. Hands-on standard-based presentations were developed to bring the story of the farm, the ranch, and food to the classrooms. From the Many Hats of Farmer Jeremy, the Life Cycle of Pumpkins, and Apples, and the Arizona Five Cs students were engaging in the story of their food and fiber. Commodity Curriculum Kits were developed to allow teachers to bring agriculture into their classroom even when program staff could not visit their classroom. That first year AZFB AITC impacted over 24,000 students and lent 71 Curriculum Kits throughout the State.

The second year brought more requests for presentations and curriculum kits and by the 3rd year of the program there was no need to market the program to schools. Teachers talk and they were talking! From that point, not another mailer was sent to a School Principal or District Office. The program continues to this day to be run through word of mouth by the teachers and those that know of the program.

A GREAT CHALLENGE TO HAVE

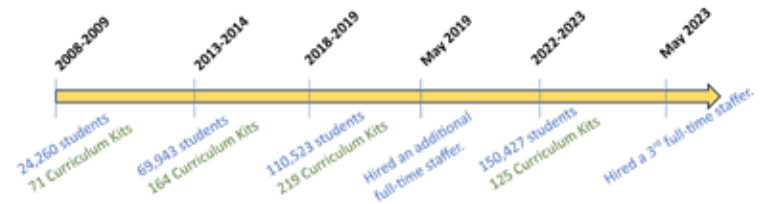
As you might imagine, the popularity of the program created



some interesting challenges. For the last several years the program calendar filled within a month of books opening at the start of school. So how do we accommodate requests when the calendar is full? Volunteers and resources! To accommodate growing interest, digital programs such as Farm Friday Fun and From Farm to Football were created. Resources such as the Agriculture Magazines known as Ag-Mags were created covering topics such as cattle, fruits and veggies, specialty crops, energy and agriculture, and the Arizona Five Cs (of which over 125,000 copies have been used with and given to 3rd and 4th grade students). Presentations expanded to cover students K-12th grade.

By the 10-year mark the program had more than quadrupled its impact reaching over 110,000 students. This created the need for an additional full-time staffer. The added help allowed for additional digital resources such as break-out rooms and bitmoji learning classrooms, virtual farm tours, and a YouTube Channel. By the summer of 2021 a 3rd full-time staffer was added to the team. Just two years later the program has reached over 150,000 students and another full-time staffer was added to the Team.

The growth of AZFB AITC in the last 15 years:



In its 15 Years, AZFB AITC has engaged over 1.3 million students and adults through classroom presentations and community events, had over 135,000+ video views on our educational videos, lent out Commodity Curriculum Kits to over 2,000 classrooms, and hatched over 500 chicks in the classroom. We can't wait to see what the next 15 years brings!

To see what Arizona Farm Bureau Ag in the Classroom is up to be sure to visit us at www.azfbaitc.org or follow us on social media @AZFB AITC. 🐔

In this Issue

12 SURPRISING USES OF PRESSURE WASHERS

HOW TO FIGHT OFF SEASONAL DEPRESSION

CHECKING ON THE GO

BY STAFF REPORTS

Frustrated with your current checking account system? You may have a Farm Bureau Bank credit card, but have you checked out their Performance checking?



Farm Bureau Bank's Performance Checking is an ideal account that's customized to suit your personal banking needs. This account provides you with all the basics and more!

Performance Checking includes the following features:

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Most importantly, Performance Checking includes Online Banking for the on-the-go user! For banking anytime, from anywhere, Online Banking with Farm Bureau Bank is ready to go wherever you are. It's safe and convenient with features that include the following:

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Apply for your Performance Checking today and take advantage of checking on the go. For more information, or to apply, click [here](#) or call our Customer Care Representative at 1-800-492-3276

To see our wide array of statewide and local benefits be sure to go [AZFB](#). The Member Benefits page is categorized by benefit type and allows you to quickly see what's available. 🏠

FIBER IS ESSENTIAL

BY JOEL CARR, ARIZONA FARM BUREAU OUTREACH MANGER-MEMBERSHIP VALUE

Fiber is an essential nutrient that is vital in maintaining our digestive health. It helps us feel full, regulates our bowel movements, and keeps our digestive system running smoothly. Unfortunately, many people don't get enough fiber in their diets, leading to constipation, bloating, and other digestive issues.



Here are some tips to help you get more fiber in your diet.

Eat more fruits and vegetables.

Fruits and vegetables are excellent sources of fiber. The best options include raspberries, pears, apples, broccoli, carrots, and sweet potatoes. Try to have at least one serving of fruits or vegetables in

every meal.

Choose whole grains.

Whole grains are another great source of fiber. Instead of refined grains, opt for whole-grain bread, pasta, and rice. Some good options

include quinoa, barley, and brown rice.

Include legumes in your diet.

Legumes, such as lentils, chickpeas, and black beans, are an excellent source of fiber. They are also high in protein, making them a perfect option for vegetarians and vegans.

Snack on nuts and seeds.

Nuts and seeds are a great source of fiber and healthy fats. Some good options include almonds, chia seeds, and flaxseeds. Try adding them to your oatmeal, yogurt, or smoothies.

Add a fiber supplement to your diet.

If you struggle to get enough fiber from your diet, consider adding a fiber supplement. Many different options are available, including psyllium husk, wheat dextrin, and inulin.

Getting enough fiber is essential for maintaining good digestive health. Incorporating more fruits and vegetables, whole grains, legumes, nuts, and seeds into your diet can increase your fiber intake and improve your overall health. Remember to drink plenty of water, as fiber needs water to move through your digestive system. With these tips, you'll be on your way to a healthier and happier digestive system in no time!

When on the Fill Your Plate blog, for additional articles about Fiber plug in the word "Fiber" in the search window for more information. 🏠

EGGS ARE A VERY ECONOMICAL PROTEIN SOURCE

BY HEIDE KENNEDY, ARIZONA FARM BUREAU COMMUNICATIONS INTERN

Prices have been going up everywhere lately due to inflation, and one place where you might have noticed it happening a lot is at the grocery store. This has many consumers making changes to their buying habits to help stretch their dollar as far as they can go when buying groceries.

One change that might be tempting is to back off on the quality and quantity of protein sources that you purchase, as these tend to be on the pricier side. But there is one protein source that is actually very economical despite price increases and is incredibly nutritious as well!

According to registered dietician Kathy Kolasa, eggs pack a big nutritional punch in one little shell. Like all animal proteins, eggs provide all 9 essential amino acids. These essential amino acids are the ones that our bodies don't produce on their own and must be gotten through our diets. In addition to their amino acid content, eggs are also a good source of vitamin A, which is good for eye health and also acts as an antioxidant. They are also a good source of vitamin D, which supports bone health and immune system function.

With the higher egg prices that we saw at the beginning of the year, each egg was about \$0.35. An average egg has 6 grams of protein, so you were essentially paying about \$0.06 per gram of protein when buying eggs. Compare that to canned tuna, which comes to about \$0.07 per gram of protein, or pre-sliced turkey for sandwiches which is around \$0.10 per gram of protein.

The simple, little egg is a smart move when you're looking to buy a high-quality protein source while still being budget friendly. Another plus to eggs is that they are incredibly versatile and can be cooked or used in so many different ways. The Fill Your Plate website has several recipes and blog articles about eggs! Check them out!

WHAT MAKES FOOD NUTRIENT-DENSE?

BY HEIDE KENNEDY, ARIZONA FARM BUREAU COMMUNICATIONS INTERN

Whenever we read about eating healthfully, we often run into the phrase "Nutrient-dense." We can easily deduce that the phrase is referring to foods that are full of good nutrients. But just how much nutrient content does a food have to have to make it qualify as being "Nutrient-dense?"

To put it simply, nutrient-dense foods are those that provide several vitamins and minerals relative to their caloric content. Registered dietician Grace Derocha says that nutrient-dense foods "...Offer vitamins, minerals, antioxidants, water, fiber, and more without adding empty calories."

Calculating the nutrient density of a food is done by adding points for its content of good nutrients like vitamins and minerals, fiber, and protein. Then, points are taken away for its content of bad nutrients, such as excess sodium and sugar, unhealthy fats, refined carbohydrates, for example. After the points have been determined, they are divided by a unit such as 100 grams or 100 calories to get its nutrient density score.

The following categories of foods all contain nutrient-dense



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foods, but there are a few standouts within each.

- Vegetables (Asparagus, bell peppers, broccoli, leafy greens, potatoes, pumpkin, sweet potatoes, yams)
- Fruits (Avocados, berries, mango, pomegranates)
- Protein Meats (Salmon, liver, eggs, beef, lamb, pork = really all the lean cuts in animal protein)
- Nuts and seeds (Quinoa)
- Legumes

Eating nutrient-dense foods is important so that we can ensure that we are maximizing the amount of -nutrition we get from the foods that we eat. Arizona agriculture produces lots of these nutrient-dense foods! Look for locally grown products next time that you're out grocery shopping!

For more health-related articles, or for more information on where and how to find locally produced foods, check out the Fill Your Plate website at www.fillyourplate.org 🥚

AFFORDABLE PET MEDICATIONS MADE EASY: DISCOVER THE ARIZONA FARM BUREAU RX SAVINGS CARD

BY STAFF REPORTS

We know our animals are more than just livestock; they are our companions and partners in the farming journey. As much as we care for our crops and cattle, our beloved pets' well-being also matters. The costs of pet medications can sometimes hit us hard. Thankfully, we have a fantastic solution: the Arizona Farm Bureau Rx Savings Card.

Save Up to 80% on Prescriptions

We are no strangers to the challenges of providing the best care for our pets. From routine check-ups to treating ongoing health issues, the costs can quickly add up. That is where the Arizona Farm Bureau Rx Savings Card comes to the rescue. The FB Rx Prescription card saves up to 80% on prescription costs. Yes, you heard that right! This means we can ensure our pets get the care they need without breaking the bank.

A Free Pharmacy Coupon Card

Who does not love a good deal, especially when it's free? Well, our Arizona Farm Bureau Rx Savings Card is free! No hidden fees, no catches. It's a simple and hassle-free way to access significant savings on pet medications. We're all about practical solutions; this card fits the bill perfectly.

Discounts on Brand and Generic Drugs

Our pets deserve the best, whether brand-name medications or generic alternatives. Luckily, the Arizona Farm Bureau Rx Savings Card covers both options. So, whether you pick up a well-known brand or a trusted generic, you're still saving big. It's all about giving us the free-

dom to choose what's best for our furry companions.

Accepted at Over 68,000 Pharmacies Nationwide

We understand that, as farmers and ranchers, we're always on the move. Our work takes us to different corners of our beautiful state. That's why it's fantastic to know that the Arizona Farm Bureau Rx Savings Card is accepted at over 68,000 pharmacies nationwide. No matter where our journey takes us, the card's got our back.

No Restrictions and HIPAA Compliant

Flexibility is our middle name, and the Arizona Farm Bureau Rx Savings Card gets it. There are no restrictions on usage – it's designed to fit into our busy lives seamlessly. Plus, it's HIPAA compliant, meaning our pet's medical info stays safe and confidential.

Fellow farmers and ranchers, the Arizona Farm Bureau Rx Savings Card is our secret weapon to providing top-notch care for our pets while keeping our finances in check. This card is a game-changer with the potential to save up to 80%, no-cost access, coverage for both brand and generic medications, and widespread acceptance. Let's ensure our pets stay healthy and happy without worrying about the cost. Curious to learn more? Head over to the [Arizona Farm Bureau website](#) and see how you can positively impact your pets' lives and your farm's bottom line.

Our [Membership section](#) is categorized by benefit type, providing a quick and easy way to browse the options and see what is available. Take advantage of all the fantastic benefits waiting for you as an Arizona Farm Bureau member! 🍪

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HOW TO FIGHT OFF SEASONAL DEPRESSION

BY HEIDE KENNEDY, ARIZONA FARM BUREAU COMMUNICATIONS INTERN


Shorter days are here to stay for a while, with the sun rising later and setting sooner we know we have made it to the winter season.

Often, shorter days can make it seem as though we don't get as much done during the week, and it can also make us feel depressed and unproductive. Some even notice their sleep, eating, and activity habits begin to change during these seasons, and not for the better either. According to the Mayo Clinic, these feelings and symptoms are not uncommon, and it is a condition that has a name, Seasonal Affective Disorder, or "SAD." It often impacts those with a family history of the disorder, those who are prone to depression or are bipolar, but it can also affect anyone during the winter months due to the shortened daylight time and reduced exposure to the sun and subsequent vitamin D.

Some ideas to help combat this seasonal depression and keep your energy and motivation up follow:

- Exercise outside to maximize sun exposure.
- Fill your space with light.
- Take vitamin D and B complex supplements.
- Make yourself wake up earlier and make the most out of the hours in the day.

That mopey, groggy feeling that sometimes affects us during the winter is no fun at all. But with a few small lifestyle changes, you can alleviate some of those symptoms and stay cheery and peppy throughout the season!

For more health-related articles, check out the Fill Your Plate blog! 

12 SURPRISING USES OF PRESSURE WASHERS

BY STAFF REPORTS

Pressure washers are powerful tools for cleaning, but their capabilities go beyond the usual suspects like driveways and decks. Discover how these versatile machines can simplify your cleaning and maintenance tasks.

1. Clogged Drains

When plungers and chemicals fail, a pressure washer can save the day. Attach a sewer jetter to blast away clogs. Ensure your pressure washer suits the pipe size and consult a plumber.

2. Paint and Graffiti Removal

With 1,500-3,000 psi, you can strip paint and graffiti from most

surfaces. Be cautious with wood, though. Start with a wide-tip nozzle and use chemical paint removers on brick and metal.

3. Rust Removal

Pressure washers effectively tackle rust on hard surfaces. A 3,000-psi washer with a narrow-angle nozzle is ideal for rust on metal.

4. Windows

Cleaning exterior windows can be tough, but pressure washing is an option. Choose low pressure (under 2,000 psi) and a wide spray nozzle for safe cleaning.

See [PRESSURE WASHERS](#) on page 7

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BY STAFF REPORTS

Harkins Theatres

So, Arizona Farm Bureau Members, we're thrilled to present an exclusive offer that'll add a touch of Hollywood magic to your life.

Big Savings at the Big Screen

You can enjoy incredible savings on your favorite blockbuster hits at [Harkins Movie Theatres](#). We've partnered with Harkins to offer an exclusive discount to improve your movie nights. Picture this: Farm Bureau members can save \$2.00 on their Harkins movie tickets.

Unveiling the Harkins VIP Experience

But wait, there's more! These aren't your average movie tickets – they're Harkins VIP passes. With these golden tickets, you'll unlock a world of cinematic wonders. Here's the deal: You can get these VIP passes in bundles of ten, and guess what? Each pass is only \$10.00! That's right, just ten bucks for a pass that grants you access to cinematic adventures at any of the 23 Harkins locations in Arizona.

Lights, Camera, Savings!

Now, let's talk about the best part – these passes are valid every day of the week. Whether it's a lazy Sunday afternoon or a thrilling Friday night, your VIP pass covers you. The only thing to remember is that they aren't valid for those special engagements after 6:00 p.m. Oh, and don't forget, this fantastic discount isn't available at the box office; [you've got to purchase in advance through Farm Bureau to unlock these cinematic savings](#). Contact Joel Carr at 480.635.3609 for more information or if you need help buying the passes.

Harkins Across Arizona

With Harkins theatre complexes spread across Arizona, you're

ZESTY DELIGHT: TRY OUR IRRESISTIBLE LEMON ROAST CHICKEN RECIPE

BY STAFF REPORTS

Get ready to tantalize your taste buds with this Lemon Roast Chicken recipe by Southwest Family Citrus and the Spenar Family. This recipe is sure to become one of your family's favorites. Imagine the aroma of freshly roasted chicken infused with vibrant zest of lemon, creating a dish that's bursting with flavor. Perfect for a cozy family dinner or a special occa-



See [ZESTY DELIGHT](#) on page 7

never far from a silver-screen adventure. From the heart of Phoenix to the enchanting landscapes of Sedona, you can experience the magic of the movies at your convenience. Harkins' theatres are in Avondale, Chandler, Flagstaff, Glendale, Mesa, Paradise Valley, Phoenix, Scottsdale, Sedona, Tempe, and Yuma.

Your VIP Experience Awaits

So, Arizona Farm Bureau Members, grab your popcorn your favorite movie buddy, and get ready for an unforgettable cinematic experience. Don't miss out on this incredible offer to save on Harkins movie tickets – it's time to turn your movie nights into movie adventures!

Visit azfb.org and select "membership" to see all the amazing benefits you have as a member of the Arizona Farm Bureau. Our Membership section is categorized by benefit type, providing a quick and easy way to browse the options and see what is available. Take advantage of all the fantastic benefits waiting for you as an Arizona Farm Bureau member!

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PRESSURE WASHERS *Continued from page 5*



5. Chimneys

Maintain your chimney by cleaning soot and ash buildup with a pressure washer. Ensure the bricks are in good condition and use low pressure for rinsing.

6. Landscaping and Farming Equipment

Keep your outdoor equipment clean with a 2,000-3,000-psi pressure washer. Attach a

telescoping wand for hard-to-reach spots.

7. Garbage Cans

Banish odors by using a 40-degree nozzle to rinse garbage cans. For a deep clean, try a scrub brush attachment with detergent.

8. Leaf Removal and Gutter Cleaning

You can clear your gutters effortlessly with an electric pressure washer (at least 1,200 psi), telescoping wand, and brush attachment.

9. Pools

Pressure washers simplify pool cleaning. Use a 1,200-psi washer for pool decks and tiles. Be cautious with high-pressure washers to avoid damage.

10. Rugs and Carpets

Revive dingy rugs and carpets with a 1,600-psi washer and detergent. Start at a low power tip and work at a distance to avoid damage.

11. BBQ Grills

You can easily clean grills with a 2,000-psi pressure washer. Always disconnect the gas or propane before cleaning and use a degreaser.

12. Clean Concrete and Make Art

Apart from cleaning, pressure washers can create Art. With a stencil and 1,300-2,400 psi, you can turn dirty surfaces into stunning works of Art.

Remember, while pressure washers are versatile, misuse can lead to damage and injuries. Always follow instructions and exercise caution.

Arizona Farm Bureau members look no further than [Grainger](#) when you need a pressure washer. Why? Because they value our

ZESTY DELIGHT *Continued from page 6*

sion, this recipe is simple, delicious, and utterly irresistible.

Ingredients

- 1 Roasting chicken
- Two lemons
- 1 stick butter
- One small onion finely chopped.
- One celery stalk, chopped.
- ½ Cup sliced almonds.
- 2 cups fresh whole wheat breadcrumbs
- Salt and pepper to taste
- lemon wedges

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membership and offer fantastic discounts to make your purchase easier on the pocket. It's not just about getting the job done; it's about efficiently and economically. Grainger has your back!

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Directions

Grate lemons. Squeeze the juice from them and save the lemon halves. Melt two tablespoons of the butter in a small pan and fry the onion with celery until softened. Remove from heat and stir in sliced almonds, breadcrumbs, and half of the grated lemon zest. Stir in enough lemon juice to bind the mixture, then season with salt and pepper. Stuff the chicken loosely with the mixture, using 1 or 2 squeezed lemon halves to hold the stuffing in place. Cream the remaining butter with the remaining lemon zest and lemon juice. Spoon the remaining mixture between the breast and the skin. Rub the remaining lemon butter over the skin. Baste occasionally while roasting. Serve with lemon wedges for garnish. Bake at 400 degrees for 45 minutes. 🍪

Provided by: Southwest Family Citrus and Spenar Family and can be found on [fillyourplate.org](#)



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Local Food

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Arizona Agriculture's **CHOICES**



Teach your children the value of hard work at a young age and never give up on your goals and dreams.

Paul Larson, owner of Angle Orchard