



A CONVERSATION ABOUT UARIZONA'S NEXT DECADE: SHANE BURGESS

By Julie Murphree, Arizona Farm Bureau Outreach Director



A native of New Zealand, Dr. Shane C. Burgess, has worked around the world as a practicing veterinarian and scientist. Currently, the University of Arizona Vice President for the Division of Agriculture, Life and Veterinary Sciences, and Cooperative Extension, and Charles-Sander Dean of the College of Agriculture and Life Sciences, Dr. Burgess' areas of research expertise include cancer biology, virology, proteomics, immunology, bioinformatics and computational biology.

Burgess is honored to lead the University of Arizona Division of Agriculture, Life and Veterinary Sciences, and Cooperative Extension as they advance their mission as a land-grant university by preparing students to be leaders and job creators, researching solutions to society's biggest challenges, and bringing the science of the university to the families and communities of Arizona.

With UArizona as the land grant university, Arizona Farm Bureau thought it would be valuable to chat with Dr. Burgess about the next decade in his division at UArizona.

CHOICES: In 2011, I asked you to describe your work and team philosophy. You'd described engagement as a key theme to your team philosophy. In this last decade of your leadership talk about how you've made application of this and what do you think, if anything, needs to be added to the mix in our modern era?

Burgess: The first component is engaging with those for whom the university works. A great example is the College of Veterinary Medicine (CVM), which our stakeholders, including many from the Arizona Farm Bureau, really wanted. We needed to identify where the key issues lay, and where the key support needed to come from. It was only because we had extremely engaged and incredibly talented people, working together as a team, that the CVM came to fruition.

In the University of Arizona Division of Agriculture, Life and Veterinary Sciences, and Cooperative Extension, the key to engagement is to enable people to do the best job they can by giving them the autonomy to do so. That means we needed to allow people to be innovative, and move the money to where the action is, meaning out of central control and into the academic units in the College of Agriculture and Life Sciences and into the counties in the Cooperative Extension system. I believe strongly that those who will deal with the consequences of decisions, and who are accountable for delivering on our mission, need to have

the decision-making authority and this includes over money.

I think we also need to be able to let people define what would be the best work environment for them and their colleagues. We always can do more. This is a never-ending process, and we cannot ever forget that engagement is key; that people are involved with organizations because of the people they work with day-to-day. I need to ensure we can make the environment, for ourselves, our students, our stakeholders, our partners, the best it can be under the providing circumstances and the rules we live under.

CHOICES: Describe to us what's been most exciting and rewarding for you in this last decade with UArizona.

Burgess: Getting to know our employees, our stakeholders, our partners, everybody we are involved within this incredibly diverse state. There hasn't been a year that I haven't learned as much as the year preceding it; our division and university are so broad and so impactful and so evolving that there's always an amazing thing to find out every time I look around or I talk to someone. After about 150,000 Arizona road miles, everything I see is as exciting as it was when I first arrived.

CHOICES: The next obvious question involves the coming decade? With your team in place, what's your hope for the next 10 years?

Burgess: Arizona has some incredible opportunities because it can be central to the solutions for the many challenges the world is facing. The Division of Agriculture, Life and Veterinary Sciences, and Cooperative Extension is positioned to make a contribution as important as any we've made in our past 137 years. Because we cover so many areas that impact people, at the state and city level but especially in the rural parts of the state, including human wellness, the bioeconomy, natural resources, future agriculture, food security, and much more, we can have a real and positive effect.

Just as important, we will continue to provide incredible graduates who are going out now and are being more competitive for jobs than they've ever been. They're leading the way in embracing opportunities that didn't even exist when they started going to college.

CHOICES: While we touched on it in the last conversation article of a decade ago, let's talk about the balance between university-based research and practical production advances for Arizona agriculture. While we can claim lots of success in this balance, where do we need to go from here?

Burgess: I think we need to continue along the path we're on and have been since we started higher education in Arizona. The U.S. government set up an incredible public education system in 1862 through the Land Grant Act, created Experiment Stations in 1887 with the Hatch Act, and then the Cooperative Extension system was codified in the Smith-Lever Act of 1914 to ensure university knowledge, advances and inventions impacted the private sector powering

See **UARIZONA'S NEXT DECADE** Page 4

In this Issue

Planning a
vacation this
summer?

FireWise Guide
for Arizona
Living.

AN OPEN INVITATION TO ENJOY OUR PUBLIC LANDS, BUT WITH CARE

By Philip Bashaw, Arizona Farm Bureau CEO



During this time of year my attention is continually drawn to the outdoors. The weather in the desert is beautiful (if you are used to the heat), and long hikes in the mountains and in the pine trees are the perfect way to spend an early morning. Our beautiful outdoor excursions are one of the things that make living in Arizona so great!

Just like you, many of my family's favorite outdoor activities happen on state and public lands. While these opportunities exist for all of us to enjoy, we should remember that these resources come with a responsibility of stewardship to these lands. Our land management agencies like the State Land Department, Forest Service, Parks Service and Bureau of Land Management are tasked with taking care of these resources and managing their care. But they cannot do it alone.

We all rely on partners like the farmers and ranchers who lease these lands and take on the responsibility to care for them. They manage these lands by repairing infrastructure like fences, gates, water structures and improving access to roads. They strategically rotate cattle grazing to ensure that plant life remains robust and maintain the health of the soil. Their land management work makes it possible for you and I to get out and enjoy our surroundings.

Now imagine that I show up at friend's BBQ, shoot holes in the welcome sign on their front door after spinning my tires out on their front yard, and leave trash all over their lawn. If it sounds extreme, that's because it is. But sadly, we're hearing reports of these types of activities happening on the land our ranchers manage all the time: off-road vehicles leaving roads and tearing across valuable rangeland and fragile ecosystems, gates left open for livestock to escape, water infrastructure damaged by bullet holes.

If you can imagine this happening in your own back yard, or even the parking lot at your office, it wouldn't take long before the expense, effort and frustration would become overwhelming. It's no wonder that more and more of these land use opportunities

are restricted. It only takes a handful of bad actors to deteriorate and erode the areas we all enjoy.

Just like we are all left with the responsibility of cleaning up our house when the party is over, land management partners are left to clean up the mess when the unruly party goes all head home. But we all have those friends who help maintain order at the party, help to tidy up and are conscientious of our property. Those are the friends that are invited back time and time again.

So next time you are out, think of the folks that are out there and responsible for cleaning up when the party is over and will still be there caring for this place long after you have gone home. Take a minute to think about what you could do to make their jobs just a little bit easier.

It only takes a minute or two to make sure a gate is closed properly. It's common courtesy to ensure your own trash is picked up and disposed of, and it takes no time at all to stay on marked trails and roads. Lastly, it only takes a little extra time to check the fire restrictions and make sure your fires are out before you leave.

It's up to all of us to do our part to make sure the invitation to enjoy our beautiful state stays open! 🏡



You might think you have to choose between protecting your loved ones with life insurance or saving for your future, but you don't have to.

You can do both, and it's easy when you work with your Farm Bureau agent. Let's talk about life insurance and ensure you're prepared for the future.

 **FARM BUREAU
FINANCIAL SERVICES**
It's your future. Let's protect it.®

Farm Bureau Life Insurance Company*/West Des Moines, IA. *Company provider of Farm Bureau Financial Services. LI192 (2-21)

Get your Farm Bureau member benefits on the Go!



Download from the App Store or Google Play today.

PRESIDENT: Stefanie Smallhouse
ADMINISTRATOR: Philip Bashaw
EDITOR: Julie Murphree
MANAGING EDITOR: Joel Carr
LAYOUT & DESIGN: Melissa Hogben

Arizona Agriculture is published 9 months, plus two special editions annually, (ISSN-0274-7014) by the Arizona Farm Bureau Federation... 325 S. Higley Rd., Suite 210, Gilbert, AZ 85296
Periodicals postage paid in Higley, Arizona and additional mailing offices.
POSTMASTER: Send address changes to Arizona Agriculture, 325 S. Higley Rd., Suite 210, Gilbert, AZ 85296. Subscription amount is included in annual dues.

PLANNING A VACATION THIS SUMMER?

Life is almost back to normal. While the recent pandemic upended so much it didn't keep us from being creative with doing things as a family. Hopefully, we should be moving from a pandemic to an endemic soon. Now would be a good time to start planning upcoming vacations or excursions. As Arizona Farm Bureau members, you can receive up to 20% off any published rates at over 4,000 Choice Hotels nationwide. Members will save at participating Comfort Inn, Comfort Suites, Quality Inn, Sleep Inn Clarion, MainStay Suites, Rodeway Inn, and Econo Lodge hotels.

To [book a reservation](#), select your destination travel dates, enter the number of guests, enter the Farm Bureau ID number. You can also call 800.258.2847, don't forget to mention your Arizona Farm Bureau ID number.

Members can save even more by signing up for the Choices Privileges rewards program. Earn points towards free nights or flights along with using your 20% discount. It's free and quick to sign up. Reward members will earn points at participating Comfort Inn, Comfort Suites, Quality Inn, Sleep Inn, Clarion, Cambria, and MainStay Suites hotels. Call 800.258.2847 to become a Choice Privileges rewards member or [Join today](#) and start earning points.

Discounts are subject to availability at participating hotels. Discounts can't be combined with any other discount, offer, or promotional rate. Make reservations in advance to use the discount.

[Terms and conditions apply](#) Take advantage of this benefit today. 🏡



SAVE THE DATE
Arizona Farm Bureau Leadership Conference

Ag STATE of Mind



Hosted by The Arizona Farm Bureau Women's Leadership Committee
JULY 14-15, 2022 AT THE WIGWAM RESORT
MORE INFO AT WWW.AZFB.ORG

FIREWISE GUIDE FOR ARIZONA LIVING

Staff Reports

Much of the Southwest is considered a high-hazard fire environment. Based on recent history and experience, these areas possess all the ingredients necessary to support large, intense and uncontrollable wildfires.

Here are some ways Homeowners can be ready for a wildfire:

- First speak with your local fire department about your area's threat for wildland fire and learn more about the wildland-urban interface (WUI).
- Take personal responsibility and prepare long before the threat of a wildland fire so your home is ready in case of a fire. Create defensible space by clearing brush away from your home. Use fire-resistant landscaping and harden your home with fire-safe construction measures. Assemble emergency supplies and belongings in a safe place. Plan escape routes and make sure all those reading in the home know the plan of action.
- Pack your emergency items. Know how to receive and stay aware of the latest news and information on the fire from the local media, your local fire department, and public safety.
- Follow your Personal Wildland Fire Action Plan (see website below). Doing so will not only support your safety but will allow firefighters to best maneuver resources to combat the fire.

Your house is more likely to withstand a wildfire if grasses, brush, trees, and other common forest fuels are managed to reduce a fire's intensity. Survivable space is the modification of landscape design, fuels, building materials, and maintenance that would make a home ignition caused by wildfire unlikely, even without direct firefighter intervention.

Create a survivable space around your structures by **removing, reducing, relocating, and replacing** fuels and vegetation to slow the spread of wildfire. Include detached garages, storage buildings, barns, and other structures in your plan. Survivable space involves a series of management zones in which different treatments are used. Not all properties extend into each zone.

For more information, visit the RSG website at www.wild-landfirersg.org. 🏡

LOAD UP ON BARGAIN LOADERS

Staff Reports

Our Caterpillar benefit through your Arizona Farm Bureau membership might offer some opportunities during this period of inflation. Caterpillar offers many options. Farm Bureau members receive marked-down prices. Members can expect to save up to \$5,000 on [Cat excavators](#), [skid steers](#), [wheel loaders](#), and much more. Members will also receive an additional \$250 credit on [work tool attachments](#) purchased with new Cat machines. Combine discounts with any current retail discount, promotion, rebates, or offers available through Caterpillar or its dealers, except for Cat NCBA membership incentive.

[Caterpillar discount](#)

Arizona Farm Bureau offers some fantastic benefits. It pays to be a Farm Bureau member! View all your benefits on our mobile app *FB Benefits* available on [iPhone](#) or [Android](#).

[View Benefits](#)

Need assistance accessing any of our fantastic benefits? Contact Joel Carr at 480.635.3609 or joelcarr@azfb.org. 🏡

ARIZONA'S NEXT DECADE

Continued from Page 1

the country. In the late 1800s, our predecessors' focus was of course agriculture because that was such a massive part of the economy, employing more than 20 percent of the counted population. Today just more than one-half of one percent of the U.S. population is employed in agriculture. Agriculture is as important to the economy as ever and it also spun off a massive new economy called the "bioeconomy," which is now worth over \$1 trillion to the U.S. economy and directly employs ten times more Americans than agriculture. We need to keep developing the bioeconomy and growing our global preeminence in agriculture that is critical to Arizona.

This is a formula that works. We can't afford to just build on our heritage—we need to double down on it. All our primary economy sectors have always embraced new technology. I think the challenge we have today is that there are so many voices in the room, and we need to ensure that we have an organized system to make sure that the new ideas and new technologies are able to be tested at our Land Grant Universities so that they can be rapidly implemented in the pragmatic private sector, the Yuma Center for Excellence in Desert Agriculture is a prime example.

CHOICES: How do we compare to other land-grant universities?

Burgess: My answer is that you should tell me how we are doing. The Land Grant Universities work for the state they're in, and I'm always open to hearing what we should do better. How do we compare to our Land Grant University peers in other states? Our reality is that we are part of Arizona's competition with other states to hire the very best people for the state and we do need to have the funding to do so. Nationwide, the Land Grant Universities objectively do, and always have done, a phenomenal job for their states and the nation. I aspired 10 years ago that

if such a ranking could ever rationally be done that we would be amongst the very top. That's why we have our foundational strategic intent of being the most sought-after place to be a part of.

CHOICES: What makes us unique?

Burgess: If "us" means the state of Arizona, and its primary production industries, then I would say that if not unique we are amongst an incredibly special group that includes an incredible diversity of plant and animal products, as well as a mining sector that will become even more important as we move into newer economies, as well as being a major tourist economy. We work in all these sectors.

Our engagement in the agricultural sector is well-established. Our division is involved in two of three parts of mining — we aren't involved in the most obvious part, extraction, but our graduates and our faculty are heavily involved in the front-end work for a mine to be established, and all of the back-end work to remediate the mine and its tailings so that the people who live in that area can live safely forever after a mine closes.

Tourism is the other key component. We are a natural resources state, and of course one of Arizona's Five C's is climate. Really, that's a synonym for everything we do with tourism. And tourism in Arizona really cannot be separated from the management of the natural resources all around us whether it's our watersheds, our ski areas, or the Grand Canyon or hunting or birding or many other things that people do, from primary production which is ranching. It's ranchers who are also land stewards. Arizona is a significant agricultural state, we are the country's salad bowl in the winter, and a net exporter of food to the rest of the United States.

I see us as a nutrition state; we produce a diverse range of food that is good for us, a key to our wellness. I think we really are unique and leading in all of these areas of our primary economy, and we should embrace this because it provides a plethora of economic opportunities. 🍌

CHECK OUT ARIZONA FARM BUREAU SPEAKERS' BUREAU: FENCE LINE

Have you talked to a farmer today? Here's your chance! Arizona Farm Bureau's Fence Line speakers' bureau is made up of farmers and ranchers who are happy to tell you about what they do on their farm or ranch every day, share a few stories and their passion for agriculture. Fence Line offers face-to-face presentations and the opportunity to talk directly with an Arizona farmer or rancher about how your food is grown.

Fence Line speaker topics include:

- Food Safety Today = Best practices
- Genetics
- Arizona and Agriculture Water
- Understanding the Farm Bill
- Leadership: How to Pass the Baton
- Biotechnology
- The High Cost of Farm Equipment
- What it Cost to Farm
- What Makes Arizona Agriculture Unique
- Buying Local
- Learn about Arizona Agriculture
- Agritourism
- Animal Welfare
- Arizona's 5 C's... citrus, cattle, cotton, climate & copper
- Protecting your Agriculture
- How I grow/produce: Beef, Dairy, Grain, Hogs, Nursery plants, wine and more

- Agriculture Issues
- Yuma, "The Winter Salad Bowl" of the Nation

Here are a few comments about our speakers:

I just wanted to thank you for putting me in contact with John Boelts. It was a wonderful day of learning, and he went out of his way with my students. We were all very impressed. My students and I were astounded by his depth of knowledge and his ability to convey it. All of us felt privileged to have had the opportunity to learn so much. He is passionate about his crops and cares that he is helping to feed the people of the United States a quality food product. -- **Brophy College Preparatory**

I just want to thank you for arranging for Sonia Gasho so speak to our Nature Club tonight. She was a wonderful speaker and I think there were more questions than we have had for any other speaker. After the meeting a few of us enjoyed her company at dinner.

Thanks again for arranging such an interesting and informative speaker. -- **SaddleBrooke Nature Club**

We contacted you for a speaker for our staff training. You contacted Wes Kerr who gave us training on his family's dairy farm. His presentation was ranked extremely high by our staff due to his knowledge of the farm, science, etc. and staff thought he was one of the most relatable and dynamic speakers that we have had in a long time. --- **Maricopa County Environmental Services Department**



For more information about Fence Line, call 480.635.3609 or email joelcarr@azfb.org. We can handle any topic you're interested in as it relates to Arizona agriculture! 🍌

ENTERTAINMENT

**Harkins
Theatres**

**LEGOLAND
CALIFORNIA**

**SeaWorld
San Diego**

**Tickets
atWork.com**

ENTERTAINMENT

**LEGOLAND
DISCOVERY CENTER
ARIZONA
ARIZONA MILLS**

**Knott's
BERRY FARM**

**SAN DIEGO
200 SAFARI
PARK**

SAVE \$5 on admission
SEA LIFE

PERSONAL/ BUSINESS

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

**CASE III
AGRICULTURE**

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

**Office
DEPOT**

**OASIS
OUTSOURCING**
**FARM BUREAU
MORTGAGE**

PERSONAL/ BUSINESS

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

**TRULY NOLEN
PEST CONTROL
TERMITES**

**BLAKE &
PULSIFER PLC**

CATERPILLAR
**PHOENIX
FLOWER
SHOPS**

HEALTH CARE

LIFE LINE SCREENING
The Power of Prevention

**AirMedCare
NETWORK**
GUARDIAN FLIGHT
MED-TRANS
REACH

ClearValue
Hearing Healthcare Benefits Plan

**BlueCross
BlueShield
of Arizona**
Independent Licensee of the Blue Cross and Blue Shield Association

**Farm Bureau
Prescription Discounts**
Free drug card - Save up to 75%

VEHICLE

Ford

jiffylube
Keep my ride alive!

PETS

National Benefit Builders, Inc.

USAPetMeds

MISC.

**VANTAGE
UAV**

INSURANCE/ FINANCE

FARM BUREAU FINANCIAL SERVICES
www.fbfs.com

FARM BUREAU BANK

CLOTHING

BOOT BARN
America's Largest Western & Work Store

WORK BOOTS.COM

15% DISCOUNT
EXQUISITESWIMWEAR.COM

TRAVEL

**CHOICE
HOTELS**

**Comfort
Inn**
**COMFORT
SUITES**
QUALITY
**SLEEP
INN**

Clarion
**MainStay
Suites**
**Econo
Lodge**
**RODWAY
INN**

AVIS

10% Discount
Budget

WYNDHAM

Alamo
**National
Car Rental**

**enterprise
rent-a-car**

ROAD TRIP SEASON

Staff Reports

Did you know your farm bureau member benefits will take you places? Let this be the year you start crossing off some of your bucket list destinations. Arizona Farm Bureau members receive up to 30% off Budget base rates with their Budget Customer Discount (BCD) number. Members will also receive other great offers like dollars off, a free weekend, or a free upgrade.

Budget Car Rental is one of the best-known car rentals brands, with over 3,000 locations in 120 countries. Budget is a leader in providing vehicle rental services to value-conscious travelers. The Budget also operates the second-largest truck rental business in the United States through a network of over 1600 locations.

You will need a few items to use Budget's online reservation form. Your three-character airport code or your

desired pickup city and state/Zip code. The dates you plan on renting the vehicle and your preferred pickup times. Lastly, you will need the Arizona BCD Number: Y775700.

When filling out the [Online Reservation Form](#), select "use an offer code" and enter your "BCD" offer code. Click "View Rates." Most discounts for the BCD vary between 10 and 30 percent, depending on the time of year, availability, and other factors.

The Farm Bureau BCD discount can't be combined with other BCD corporate or membership discounts.

If you have any questions, don't hesitate to contact us at 480.635.3609.

Remember to check out all your benefits as a Farm Bureau member on the downloadable app for convenience when you are out about about.



Follow us "Friends of Arizona Farm Bureau" and "Fill Your Plate".

PREVENTIVE SCREENING SAVES LIVES

Staff Reports

In life, there are so many uncertainties. Early detection of serious conditions can save your life. Preventive screening can bring you peace of mind to enjoy life.

Life Line Screening delivers affordable and adequate health screening services to help people be proactive about their health. Arizona Farm Bureau Members are eligible to receive four screenings for \$135. These screenings include Carotid Artery, Abdominal Aortic Aneurysm Screening, Atrial Fibrillation Screening, and Peripheral Arterial Disease Screening. Members can also receive Osteoporosis Screening/Bone Density Test for an additional \$10.

Life Line Screening mission is to make people aware of unrecognized health problems and encourage them to seek follow-up care with their physician. Life Line Screening is the leading provider of community-based preventive health screening in the United States.

Life Line is committed to delivering accurate results and recommendations that could give you a healthier advantage in everyday life.

[Schedule a screening today](#) Schedule by phone 877.414.7110.

Don't forget to mention that you are a Farm Bureau Member.



CREDIT CARD BENEFITS

Staff Reports



Credit cards are a safe and convenient way to make purchases or pay bills in person at your local store, or digitally from the convenience of your home. In fact, millions of people use their credit card to make over 100 million transactions every day in the United States!

As online marketplaces grow, more people use their cards digitally every day. Credit cards allow you to make convenient returns and offer security against fraud. Fraudulent charges on a credit card can be easily disputed, often with zero liability protection for the cardholder. If a debit card were to experience a fraudulent charge, the dispute can be a much more drawn-out process and could lead to troublesome fees and declines. Additionally, since a debit card withdraws funds directly from the cardholder's account, that money is gone immediately; with a credit card, you're not out any money if the issue is resolved before your next billing statement.

Some credit cards, such as the Farm Bureau® Bank Member Rewards Mastercard®, use the latest EMV chip technology. Not only does this help to protect from fraudulent card skimming on in-store purchases, but it supports contactless shopping. Instead of having to swipe or insert your card into a terminal, you just need to tap your card for a quick checkout!

With Farm Bureau Bank offering a wide range of credit lines, low interest rates, and a rich rewards program, the Farm Bureau Member Rewards Mastercard® is one of the best credit card offerings on the market. Our cardholders enjoy benefits specifically crafted for Farm Bureau members,

including:

- No annual fees¹
- In participating states, if a spending threshold is met, we'll pay the cardholder's membership dues²
- 3x reward points on gas, grocery, and dining purchases³
- 2x reward points on select Farm Bureau benefit partners³
- 1x reward point on all other purchases³

Any of these points accrued while using the Farm Bureau Member Rewards Mastercard® can be redeemed for account credit, gift cards, merchandise, tickets for travel and events, and more!

For more information or to apply, visit us online at farmbureau.bank, or call us at 800.492.3276.



¹Other fees may apply. For full terms and conditions, visit www.farmbureau.bank/creditcards.

²Based on purchases made in the calendar year that ends 60 days prior to membership renewal month. Balance transfers and cash advances are not included. State eligibility and minimum annual spend requirements for dues reimbursement vary by state and can be found here at [membership dues](#). Available to new and existing members.

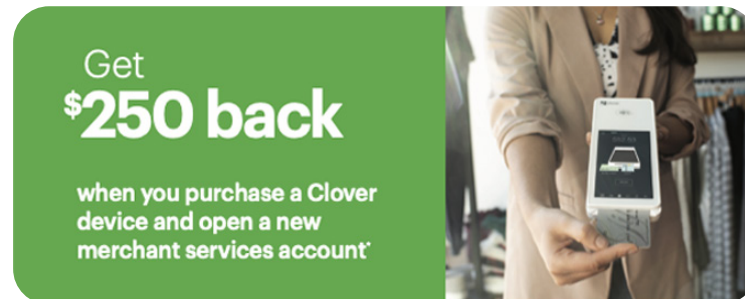
³Eligible purchases mean any signature or pin-based, online, phone or mail-order purchase made with the Farm Bureau Member Rewards Mastercard. This excludes Cash Advances, Balance Transfers, credits and returns. Triple reward points on qualifying transactions based on merchant code (5411, 5499, 5541, 5542, 5812, 5813, 5814), up to \$1500 quarterly. Double reward points may vary from state to state.

Farm Bureau, FB, and the FB National Logo are registered service marks owned by and used by Farm Bureau Bank FSB under license from the American Farm Bureau Federation.



FARM BUREAU BANK "MERCHANT SERVICES" MEMBER BENEFIT SPOTLIGHT

Staff Reports



Recently Farm Bureau Bank and Clover formed a partnership to offer secure payment processing and business management solutions. Clover provides solutions that are all-in-one and tailored to meet the unique needs of your business, whether it be selling items at a farmers' market or a retail store. Clover is flexible and scalable to help simplify your operations, letting you do what you do best.

With Clover, you can accept payments easily. Process many payment types securely with or without additional equipment, such as contactless methods like Apple Pay & Google Pay, magnetic stripe, and EMV credit and debit cards. With these merchant services, you can accept payments in person or online and protect your customers, business, and reputation from fraud with their built-in security features. Clover allows you to

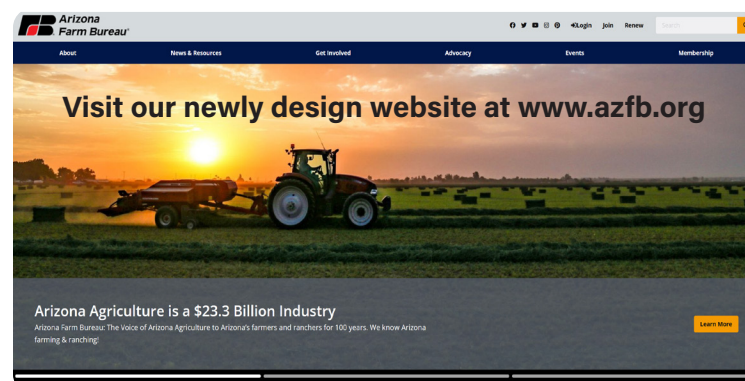
manage all your business operations through a single dashboard, including managing cash flow, inventory, employee schedules, returns, and more. Integrate with the most popular third-party apps, from payroll to E-commerce.

Merchant services lets you engage customers to help grow your business. Drive business with feedback, reward programs, promotions, and announcements pre-installed on your systems.

Gain valuable insights by identifying new opportunities and find out more about your customers, sales, and similar businesses with insightful reports.

Receive \$250 back when you purchase a Clover device or open a merchant services account.

Contact Relationship Banking at 1.800.988.4419 or by email at fbbanking@farm-bureaubank.com



5 COMMON HERBS WITH BIG HEALTH BENEFITS

By Kennadee Riggs, Recent AZFB Communications Intern



Herbs come in many different colors and flavors, usually known for their unique flavors and tastes. But did you know that they also come with scientific properties that benefit our health in different ways? Here are a few common herbs that are great for both mind and body.

Ginger

Ginger has been used for thousands of years to help with gastrointestinal issues and nausea. Not only does it taste delicious on top of sushi, but it is still used today as a supplement for these very things.

Peppermint

The peppermint leaf is most known to be used for its flavor. However, it is proven to work as a natural bronchodilator. It opens airways and encourages pulmonary health, while its scent works to increase nasal air force as well. It also works as a muscle relaxant due to its element of cooling menthol.

Oregano

This herb, commonly

associated with Italian food, offers various health benefits to those who consume it. One of these is reducing inflammation. It also alleviates urinary tract pain as well as menstrual cramps. Moreover, it strengthens the immune system against infection.

Cinnamon

This well-known herb is often found in apple pie and fall recipes. However, it dates to ancient times, then being used for embalming and healing ailments. Studies have recently shown in mice that it improves cognitive levels in the brain.

Turmeric

Turmeric, distinctly known for its vibrant yellow color, is a natural anti-inflammatory. It also works as an antioxidant. It also has been shown to reduce the effects of stress on the body.

Next time you cook or bake with one of these herbs, keep in mind the good it will do to your body and mind. For more articles like this, check out Fill Your Plate's blog!



Take Fill Your Plate with You on the Road!

The mobile friendly filyourplate.org helps you search for...

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



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

In this Issue

Planning
a
vacation
this
summer?

FireWise
Guide
for
Arizona
Living.



Arizona Agriculture's

CHOICES



Seen here with Alison Williams (left) and Wen Chen, both students in the School of Plant Sciences working in Rebecca Mosher's lab with veterinary students, Dr. Burgess describes that after about 150,000 Arizona road miles, everything he continues to see and experience is as exciting as when he first arrived. He advocates that we keep developing the bioeconomy and growing our global preeminence in agriculture.