**Arizona Fruits and Veggies**

You can find fruits and vegetables grown right here in Arizona by looking for the Arizona Grown sticker. The Arizona Grown program began in the early 1990s and raises awareness about the benefits of buying locally grown produce and plants. Look for the sticker next time you are in your store’s produce section!

You can also visit Arizona Farm Bureau’s Fill Your Plate website to access an online database that can match you with local Arizona produce. www.fillyourplate.org.

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**Fruit or Veggie?**

Botanically speaking, a fruit is a seed bearing structure that develops from the ovary of a flowering plant. That means if it has seeds inside it is a fruit! Vegetables are all the other plant parts, such as roots, leaves and stems.

Although botanically a fruit, some chefs consider products that are more savory than sweet to be vegetables.

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**Parts of a Plant**

From the list, fill in the answers on the lines.

- Leaf
- Seeds
- Fruit
- Stem
- Flower
- Root

From the list, fill in the answers on the lines.

A ___________
B ___________
C ___________
D ___________
E ___________
F ___________

**Answers:** A-leaf, B-fruit, C-flower, D-stem, E-seed, F-root
Winter

Winter weather may limit farming in other states, but in Arizona, we’re always producing! The Arizona Farm Bureau made this chart to show when our produce is growing so that Arizonans don’t ever miss out.

December
- Clementines
- Carrots
- Lemons
- Brussel sprouts
- Herbs
- Radishes
- Rutabagas
- Turnips
- Spinach
- Box choy
- Grapefruit
- Parsnips
- Beets
- Leeks
- Sweet potatoes
- Greens
- Broccoli
- Kohirabi

January
- Celery
- Celery root
- Cabbage

February
- Garlic
- Strawberries

Spring

Available Starting in
March
- Artichokes
- Beans
- Parsley
- Asparagus
- Beets
- Cilantro

Available Starting in
April

Available Starting in
May

Other Spring Items
- Artichokes
- Beans
- Parsley
- Asparagus
- Beets
- Cilantro

Find a list of local farms and farmer’s markets at fillyourplate.org
More than 30 fresh, locally-grown fruits and vegetables have already began blooming in Arizona this fall. Here’s a peek at what possibilities await your dinner table this season.

Looking for what to plant in your garden and when to plant it? Visit the Master Gardener’s website at www.ag.arizona.edu/pubs/garde/mg/vegetable/guide.html
I currently manage 3 hives of bees in my backyard in Phoenix. Bees have been around a lot longer than humans, so I try mostly to not interfere with their daily operations. Because of all the backyard gardens and citrus orchards, my bees do not have to fly very far to collect the nectar that keeps their colony producing. On average, my bees will produce 6 gallons of honey each year. That is about 70 pounds of honey for each hive! I sell this honey to my customers.

When working with my bees, I wear a bee suit and gloves to protect me from any stings. In addition, I always use a smoker (burning burlap) to prevent the alarm signal from reaching the whole hive creating a swarm. I don’t work with the hive! I sell this honey to my customers.

David Meyer – Hobby Beekeeper, Phoenix, AZ

My interest in bees began about 25 years ago when I moved to Phoenix from Chicago. My new home had a lot of yard space with a variety of trees and bushes. When you have a lot of trees and bushes, especially fruit trees, pollination has to occur. It is the bees that do that job for us. I saw an ad in the paper from a gentleman who was selling some hives and that is how I got started with my bees.

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