



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!

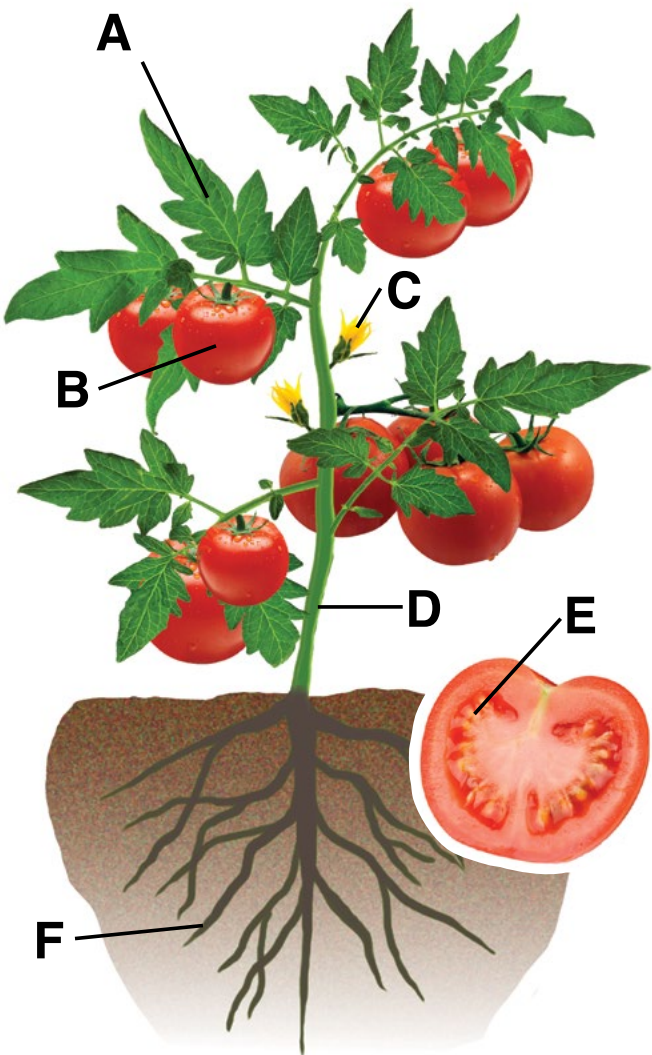
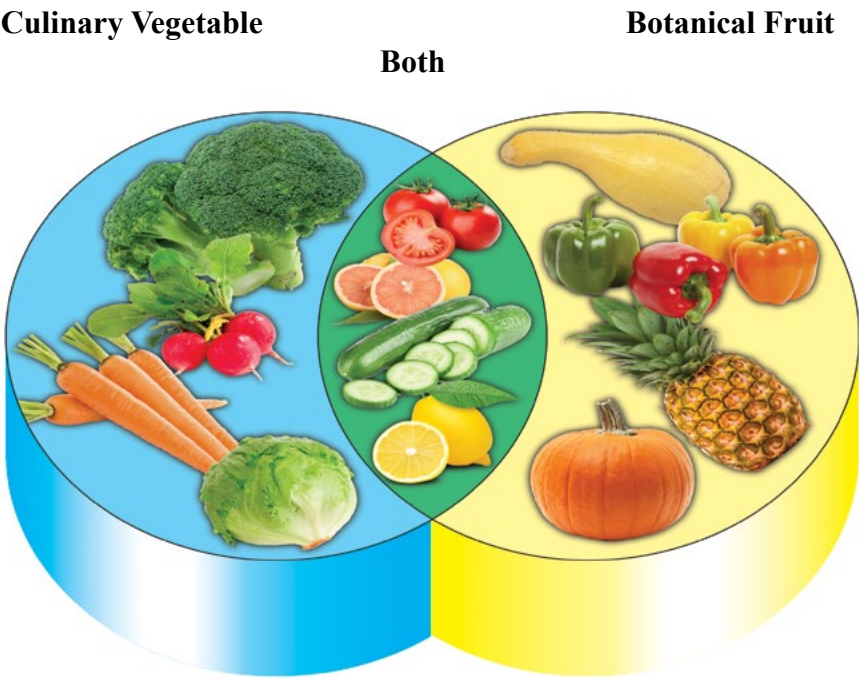


You can also visit Arizona Farm Bureau's Fill Your Plate website to access an online database that can match you with local Arizona produce. www.fillyourplate.org.

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.



Parts of a Plant

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

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

A _____

B _____

C _____

D _____

E _____

F _____

What's in Season?

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.



Spring

Available Starting in
March

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

Summer



Quick! Get the fruits and vegetables you want this summer from your local grocer before they go out of season!

June



July



August



Other Summer Items



Apples
Jul thru Sep



Black eyed peas
Jul thru Sep



Sweet peppers
Jul thru Oct



Figs
Jun thru Oct



Winter squash
Aug thru Nov



Tomato
May thru Nov



Pears
Mid-Aug thru Sep

Autumn



More than 30 fresh, locally-grown fruits and vegetables have already begun blossoming in Arizona this fall. Here's a peek at what possibilities await your dinner table this season.



Arugula



Black eyed peas



Pears



Basil



Tomatoes



Zucchini



Beets



Bok Choy



Figs



Spinach



Carrots



Turnips



Dates



Zucchini Blossoms

Fall Favorites



Chilis



Corn



Apples



Key limes



Potatoes



Pumpkins



Winter squash



Broccoli



Cabbage



Lettuce



Shelling Beans



Summer squash



Green beans



Radishes



Okra



Sweet peppers



Scallions

Looking for what to plant in your garden and when to plant it? Visit the Master Gardner's website at www.ag.arizona.edu/pubs/garde/mg/vegetable/guide.html

CAREER CORNER

Kami Weddle – Food Safety Specialist, Rousseau Family Farms



My job is to implement and maintain a functional, scientifically based food safety program on our 6,5000 acre produce farm. Our program consists of sampling water, product, and soil for analysis of bacteria or micronutrients. We perform daily and weekly pre-harvest assessments of the produce prior to harvest to look for hazards in or around the field that could potentially contaminate our produce. The harvest crews are inspected for hairnets, gloves and proper hand washing techniques among other things, while harvesting the produce. When there is a non-compliance food safety issue on the crew, corrective actions have to be introduced and enforced. We also train new and existing employees continuously to ensure that they follow all the good harvesting practices and standards while employed with us. I also accompany inspectors and auditors that assess our ranch, crews and facilities to confirm our practices are in compliance with the

produce standards laid out by the industry.

Why I chose this field:

The food safety field is always adapting and changing based on new science and data that is advancing. Regulations and standards we follow come from the new science that is developed, therefore my job is always evolving and changing. There never is a dull moment in agriculture and the food safety field is not different! I can start my day out in the field with a crew, go to a facility for an inspection and end the day at a meeting on a food safety committee adapting new standards. The people that you meet and work with in the agriculture sector are some of the best in the world. As we need to feed more and more people in the world, the safety of our food is central, so the growth potential in this field is great all across the industry.

Ms Weddle holds a Bachelor’s Degree in Microbiology with a Minor in Chemistry. She also holds a Master’s in Business Administration from the University of East Anglia (in England).

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.

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) when working with my bees. The smoker covers the scent of the bee’s pheromones (how they communicate) which prevents the alarm signal from reaching the whole hive creating a swarm. I don’t work with the bees a lot, but I want to be sure when I do that I am safe!

Jon Dinsmore- Farmer, Dinsmore Farms



I am a 4th Generation farmer in Yuma, Arizona. That means my Great Grandpa, Grandpa and Dad are also farmers! I grew up watching my grandpa and my dad work hard for our farm. I have always loved working with the soil and knew early on that I would be a farmer. Today, I work as the Farm Manager of Dinsmore Farms Inc. where I manage daily operations for our 1,500 acre farm with my dad and grandfather.

We grow lettuce, cauliflower, broccoli, alfalfa, Sudan grass, and durum wheat. Our wheat is used to make pasta and we export much of our hay to Japan and China. In addition to the work on our own farm, we operate a Custom Hay Business. With this business we will cut, rake, bale and

stack hay for other farms that might not have the equipment needed for the job.

As a farmer, I always like making things better. Our farm works in cooperation with seed companies and others to grow experimental plots of vegetables.

I graduated from the University of Arizona with a degree in Agriculture Systems Management. I have always loved working with the soil and being able to produce food and fiber for my family and others was always something that was important to me. I was fortunate to have agriculture in my family. Today, only 2% of our population is farmers and ranchers. I am grateful to be one of them. My wife Laura and I have five children- Mary, Cade, Ambrose, Ellie and Lucy. I hope to one day pass the farm along to one or more of my kids.

Did you know that 75% of the fruits and vegetables we eat require pollination? But it is not just the bees! Although there are 4,000 different varieties of bees, pollination can be accomplished through a variety of ways.

• Self-Pollination (most leaf crops)

• Plant Breeders



• Pollinators



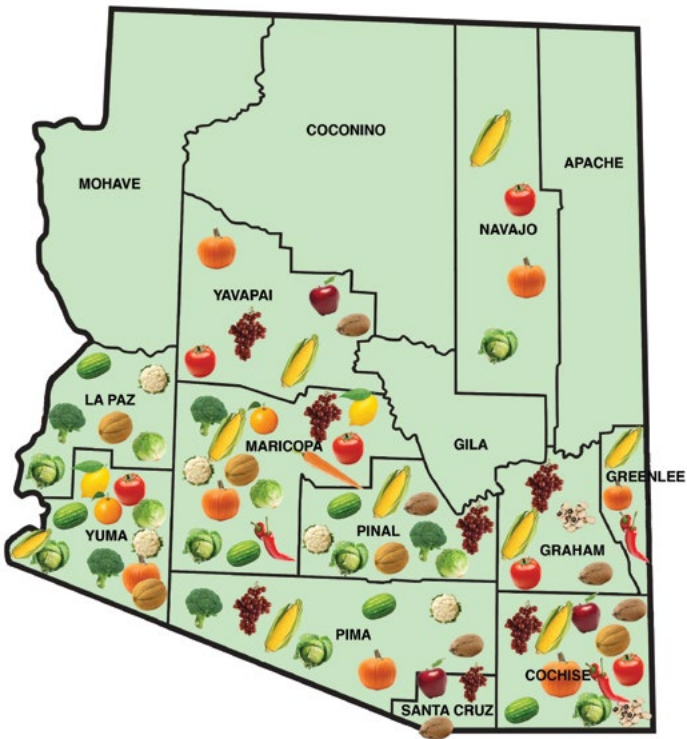
• Wind



• Water



Where Fruits and Vegetables are grown in Arizona.



When used in conjunction with the Arizona Fruit and Veggie Show What You Know Worksheet, this AgMag may be linked to several of the Arizona Career and Readiness Standards and the Next Generation Science Standards for a variety of grade levels. For a complete list of standards, please visit us on the web at www.azfb.org and click on the tractor and books!



To learn more about Agriculture in the Classroom and the other FREE classroom resources visit us at www.azfb.org/aitc, or contact Katie Aikins at 480-635-3608.

Information in this Ag Mag may be linked to the following Arizona State Learning Standards:

1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade
1.RI.1	2.RI.1	3.RI.1	4.RI.1	5.RF.1
1.RI.2	2.RI.5	3.RF.3	1.RF.3	5.RF.3
1.RI.4	2.RF.3	3.RF.4	1.RF.4	5.RF.4
1.RF.3	2.RF.4	SC04-S4C1-01		