

FARM FRIDAY FUN

WITH ARIZONA AGRICULTURE

ARIZONA DATES



Dates are considered the oldest cultivated fruit in the world.



Dates grow on trees called date palms. One tree can produce 200-300 pounds of 10,000 dates in one harvest season.



An adult can survive on just 15 dates a day, which gives the body all the necessary vitamins and minerals. 1 cup of fruit provides 27% of daily requirement of potassium and 48% of daily fiber.



Date palms need at least 100 days of 100-degree weather and plenty of water to produce the best fruit.



Arizona dates are harvested late August to September and are harvested by hand.

