***Friday Food Facts***

***Arizona Farm Bureau Educational Outreach Campaign 2018***

***January 2018***

***Friday, 5:*** Nearly all American farms are family owned. Some are large with multiple generations. Some are incorporated to protect the family business. So, even our large corporate farms are most likely family farms. Our Arizona ranch, Carlink, is a partnership and a corporation.

***Friday, 12***: Farming, Fishing, Forestry, and Mining are every economy’s primary sectors. Without them, other industries cannot exist. Arizona agriculture is a $23.3 billion industry. We need farming and ranching and why I’m proud to be An Arizona rancher.

***Friday, 19***: Go to any Arizona grocery story and you’ll be surrounded by local food. You can find it in the dairy, meat and egg case. You can find it in the produce aisle. In fact, 53% of the beef in the meat case comes from Arizona ranches like mine.

***Friday, 26***: Organic and Conventional farming are more alike than different. They’re both methods of farming. They both have well-established markets. They both use approved pesticides and they both feed us with the same nutrition.

***February 2018***

***Friday, 2***: Did you know that egg yolks are one of the few foods that are a naturally reliable source of Vitamin D. Plus, eggs are an inexpensive source of protein. So, before you leave for work, school or play, fuel you tank with egg protein, essential vitamins and minerals!

***Friday, 9***: Everyday pesticide uses such as chlorine in drinking water and disinfectants in hospitals keep you and me safe. Even insect repellent is a pesticide. Pesticide use in agriculture is the same. It’s meant to protect. Arizona agriculture’s pesticide footprint is small.

***Friday, 16***: Arizona agriculture’s $23.3 billion industry grows the “Med Diet in the Desert.” Everything from fruits and vegetables, nuts, and a variety of healthy meat protein including beef. We even raise fish in Arizona. All fitting into the world’s healthiest diet, the Mediterranean diet.

***Friday, 23***: Nearly a third of Agriculture’s crops need the honey bees for pollination. That’s why farmers work to protect the honey bee. And so can you. Since they love flowers, grow a native pollinator garden for them.

***March 2018***

***Friday, 2***: Arizona agriculture is beautiful, just beautiful. It’s local, global, organic and traditional. It fruits and vegetables, grains, cotton, beef, lamb, nursery plants, dairy, wine grapes and much more. Arizona agriculture is 23.3 billion dollars beautiful.

***Friday, 9***: Who uses water? We all do. Yes, agriculture uses a lot of water. *But, there’s a lot of water in the food we eat and it takes water to grow our food*. Arizona agriculture grows for all of us.

***Friday, 16***: News Flash, there are only 10 biotech crops approved of and growing in the United States. Also known as GMO crops and successful as reducing pesticide use and improving yields, the biotech crops in Arizona are cotton, alfalfa, and corn.

***Friday, 23***: Worldwide, a third of crops are lost to pests. But, *proper use of pesticides helps farmers protect our food supply. In the battle with the bugs, the best defense is a good offense. Arizona farmers fights with a variety of tools to keep your food safe.*

***Friday 30***: U.S. exports to Canada and Mexico support 14 million American jobs; tens of thousands in every state. Arizona’s top trading partners are our neighbors to the north and south. Arizona agriculture exports $1.5 billion each year.

***Older Ones***

***January 2015***

***Friday, 9th***: Did You Know… The average American annually consumes 30 pounds of lettuce. If you’re munching down on some of those leafy greens during the winter, Yuma, Arizona, is supplying 90% of it to all Americans.

***Friday, 16***: Broccoli is actually a "man-made" veggie. Though it’s not a GMO or biotech crop, it was developed through special breeding of cabbage crops. Arizona's Broccoli crop generates more than $40 million to our state's economy and provides another superfood veggie for you and me.

***Friday, 23rd***: Putting Olive oil on salad helps the body absorb nutrients. Good to know since Yuma, Arizona is considered the Country's Salad Bowl in winter because of all the leafy greens it produces!

***Friday, 30th***: It's time for the Big Game … Did you know Arizona's original Super Boll is from the cotton plant! That’s cotton B-O-L-L. Plus, healthy cottonseed oil is a favorite of chefs because of its high flashpoint in cooking!

***February 2015***

***Friday, 6th***: Arizona ranks second only to California in U.S. production of a variety of fruits and veggies, cauliflower, broccoli, spinach, cantaloupe, lemons and tangerines during the winter. Support a healthy diet and Arizona by purchasing and eating your fruits and veggies!

***Friday, 13th***: Since its chocolate month and Valentine's, did you know the Aztecs were the first to serve chocolate as a drink? They mixed it with hot chili peppers, a crop Arizona is known for growing really well, to make their chocolate drink spicy hot!

***Friday, 20th***: Since the Great American Pizza Bake takes place in February, it might be worth noting that 50% of U.S. pizzas are sold with pepperoni. Arizona agriculture's pork industry annually brings in more than $60 million.

***Friday, 27th***: Yesterday was National Pistachio Day! Arizona sunshine grows some of the most nutritious and delicious pistachios in the United States! Most of our state’s pistachios are grown in southeast Arizona.

***March 2015***

***Friday, 6th***: For testing an egg’s freshness, gently drop the egg into a bowl of cold water. If the egg sinks to the bottom and stays there, it’s normally fresh. If the egg floats, it’s too old and should be tossed. Eat more eggs from Arizona’s very own Hickman’s Family Farms; they’re the most economical form of protein available.

***Friday, 13th***: There are Twenty-nine cuts of beef that meet government guidelines for being lean. In Arizona, we raise enough beef to feed over 4.6 million Americans.

***Friday, 20th***: News Flash, there are only 8 biotech crops approved of and growing in the United States. Also known as GMO crops and successful as reducing pesticide use and improving yields, the biotech crops are cotton, alfalfa, soybeans, corn, papaya, a summer squash and sugar beets. The biotech crops growing in Arizona are alfalfa, corn and cotton.

***Friday, 27th***: Contrary to popular belief, London broil is not a cut of beef but rather a method of cooking. A North American beef dish made by broiling or grilling marinated flank steak, then cutting it across the grain into thin strips has a great tradition in our state. Why? Arizona’s quality beef is some of the tastiest around!

***April 2015***

***Friday 3rd:*** National Egg Salad week begins next week. And since eggs are the most economical protein around, you'll want to pick up some of Arizona's Hickman's Family Farm eggs! Their eggs can be found at AJ’s, Albertson’s, Bashas, Costco, Food City, Fry’s, IGA, Sams Club, Sprouts, WalMart and many convenience stores.

***Friday, 10th***: If you shake a can of mixed nuts, the larger ones will always rise to the top! Shake that can and eat some of Arizona's nutritious and tasty pecans and pistachio nuts.

***Friday, 17th***: During your lifetime, you'll eat nearly 60,000 lbs. of food or the weight of about 6 elephants! Of those 60,000 pounds make sure a good amount are Arizona's fruits and vegetables and our nutritious animal proteins like beef, pork, lamb and eggs!

***Friday, 24th***: Mel Blanc -- the voice of Bugs Bunny -- was allergic to carrots! Too bad since they’re a good source of Vitamin A and other vitamins and nutrients. In Arizona, Rousseau Family Farms is our largest carrot farmer growing on average 42,000,000 pounds of carrots each year.

***May 2015***

***Friday, May 1***: Did you know that beef by-products allow us to use 99% of every beef animal? Thank a cow the next time you wear make-up, deodorant, leather and bandages or eat marshmallows, Jell-O, and mayonnaise or chew your favorite gum! Beef is Arizona’s largest agriculture commodity.

***Friday, 8th***: May is national Egg Month! Did you know that our own Hickman's Family Farms produces more than 7 million eggs a day for Arizona families? So, go ahead, it’s okay to eat more eggs, it’s a healthy choice!

***Friday, 15th***: Ears of corn always have an even number of rows of kernels. And, that annoying silk on the top – each one is responsible for one kernel of corn on the ear. Thanks to Arizona’s climate, our sweet corn season runs from late May to September allowing us to have one of the longer sweet corn seasons.

***Friday, 22nd***: If you place a ripe banana next to a green tomato, the tomato will ripen due to the ethylene gas produced by the banana. While Arizona doesn't grow bananas, we do grow lots of delicious tomatoes. And Yuma, is where we grow all our leafy green vegetables.

***Friday, 29th***: Beef is a nutrient-dense food and is the #1 source for protein, vitamin B12 and zinc. In Arizona, it's our number one agriculture commodity bringing in around 850 million dollars to our state. This summer weekend is a good time to grill some juicy steaks.

***June 2015***

***Friday, 5th***: Its summer! Time to find out if a watermelon is ripe by thumping it and listening for the hollow sound of ripeness. Arizona and California are the largest producers of Watermelon in the U.S. Make this and other fruits a centerpiece of your summer family picnics.

***Friday, 12th***: A 3-ounce serving of lean beef is an excellent source of protein, supplying more than half of the protein most people need each day. Our Arizona beef ranks in the top in quality and taste. So put some Arizona beef on the grill this summer.

***Friday, 19th***: June is Dairy month! Arizona's 188,000 dairy cows provide us with the freshest milk, cheese and yogurt. On average, a dairy cow will produce 7 gallons of milk each day. That’s a lot of milk! Remember too, 97% of your milk in the grocery store is coming from our local Arizona Dairies.

***Friday, 26th***: The Vintage date on a bottle of wine indicates the year the grapes were picked, not the year of bottling. Arizona's wine industry has 5 regions representing our state's award winning wines! Have you tried any Arizona wine lately?

***July 2015***

***Friday, 3rd***: The purpose of the indentation at the bottom of the wine bottle is to strengthen the structure of the bottle. Arizona's wine industry features 33 different wine grape varieties.

***Friday, 10th***: The U.S. supplies 25% of the world's beef with 10% of the world's cattle. Some of Arizona's ranchers are 5th- and 6th-generation ranch families.

***Friday, 17th***: Fruits and vegetables like lots of sun. In Arizona we have so much, we're planting and harvesting 12 months out of the year!

***Friday, 24th***: On average, a person spends five years eating during a lifetime. Arizona families need to make sure they spend that time eating a balanced diet of fruits, veggies, whole grains, meat and egg proteins and dairy -- AZ farmers contribute to all food groups.

***Friday, 31st***: Americans love cheese. Did you know that tangy piece of Sharp Cheddar Cheese made from Arizona milk that you love so much is aged 6 to 9 months?

***August 2015***

***Friday, 7th***: American's favorite fiber is cotton. Arizona cotton farmers are credited with growing the highest quality grade of cotton around.

***Friday, 14th***: Did you know …Spinach consumption in the U.S. rose 33% after the Popeye comic strip became a hit in the 1930s. Maybe that’s why Arizona grows more than $50 million worth of this wonderfully nutritious and tasty spinach each year. Well, now you know.

***Friday, 21st***: In Spain, it's common to pour chocolate milk over cereal rather than regular milk. Arizona's dairy industry encourages chocolate milk as a recovery drink after a workout. And no, chocolate milk does not come from brown cows!

***Friday, 28th***: Cantaloupe is one of America's most popular melons. In Arizona, we rank second in the production of these melons. Grown in the spring and fall, they’re a good source of a variety of vitamins and minerals.

***September 2015***

***Friday, 4th***: Labels got you confused? Regarding our basic, unprocessed foods, aside from papaya and summer squash, no fruits or vegetables are biotech or GMOs.

***Friday, 11th***: Apples are more efficient than caffeine in keeping people awake in the morning. Arizona apples are considered some of the most crisp and sweetest because of our sunny days. Don’t forget to add Hickman eggs to that AM meal.

***Friday, 18th***: Guess why you always see an egg entree with a fruit or juice? Eggs are one of the unique food options that contain every essential vitamin, except for C. Adding lemon juice to eggs solves that issue, and is a natural sodium replacement.

***Friday, 25th***: Did you know, Arizona has the largest populations of female farmers listed as the primary operator of the farm. Women in agriculture are also one of the fastest growing demographics, mainly representing small, local farms.

***October 2015***

***Friday, 2nd***: Pumpkin rule of thumb: the darker the shell, the longer the pumpkins last. To check out Arizona's harvest festivals around the state go to fillyourplate.org or Arizona Farm Bureau’s new Travel Guide.

***Friday, 9th***: 99% of pumpkins sold in the U.S. are for the sole purpose of decoration. In Arizona, our pumpkin farmers are ready to harvest. Check out our Travel Guide on Fill Your Plate to find a Pumpkin Farmer near you.

***Friday, 16th***: Do you know what the pleats in a chefs’ hat signify? It’s the number of ways an egg can be cooked. Chefs refer to eggs as the star of the plate: An egg can be the main entree, dessert, ingredient, appetizer, and emulsifier and/or binder! Baked Alaska, Monte Cristo's, and Tasty Tempuras rely on eggs as the "secret" ingredient!

***Friday, 23rd***: With Arizona's climate, we can grow just about every fruit and vegetable you can imagine and raise amazing beef and dairy cattle. Arizona is a 17 billion dollar industry.

***Friday, 30th***: Onion consumption in the U.S. has increased approximately 50% in the past 20 years. In Arizona, we grow a large variety of onions including the onion seed.

***November 2015***

***Friday, 6th***: Last we heard, the largest turkey on record weighed 86 pounds, about the size of a large dog. Americans consume 46 million turkeys at Thanksgiving each year. A few of our Arizona retail farms raise turkeys for the holidays. But nearly the whole meal can be grown and raised in Arizona… except the cranberries. And Schnepf Farms can provide the Pumpkins!

***Friday, 13th***: Greek yogurt has become the next big superfood. In Arizona, our dairy cows produce high-quality milk for one of our very own yogurt manufacturing plants. Remember, dairy contains 9 essential nutrients, making it one of the most nutrient-rich food items you can enjoy.

***Friday, 20th***: For beef lovers, prime rib is considered an ideal alternative to turkey at Thanksgiving. And no wonder, Arizona is home to some of the highest quality and tastiest beef around. For beef recipes and to purchase directly from an Arizona rancher go to Fill Your Plate.org. The Schnepf family tradition is to have Mark Schnepf do all the cooking.

***Friday, 27th***: The West contains only 20% of the U.S. farmland put it produces 60% of the total value of the agriculture product we enjoy today; an important message for food security and national security. The Reason we’re so productive out West? Targeted, managed irrigation including drip, and other modern-day methods of raising the food we eat. We grow more, using less.

***December 2015***

***Friday, 4th*** : In America, the traditional Christmas meal is often turkey or prime rib, a variety of vegetables, squash, and pumpkin pie and other yummy goodness. Plus, the USA has such a range of immigrant cultures that just about every type of food is eaten someplace on Christmas Day. And, just about everything we eat at Christmas can be grown or raised in Arizona.

***Friday, 11th***: Hungry for Apple pie this Christmas? There are so many kinds of apples that if you ate a new variety every day, it would take over 20 years to eat them all. In fact, 7,500 varieties exist. In Arizona, our locally-grown crisp, sweet apples come in a great variety too!

***Friday, 18th***: In festive recognition of the coming New Year and holiday celebrations in general, put a raisin in a fresh glass of champagne and watch it continuously rise and fall. Arizona’s sparkling wines from our wine growers are award winning! And on Fill Your Plate, one of the most popular agriculture items searched is wine!

***Friday, 25th***: Merry Christmas! Arizona agriculture is a 17 billion dollar industry. We’re looking forward to providing an abundance of nutritious, fresh and safe food for our Arizona families in the New Year. And, remember you can visit many of our local farms like our 4th generation Schnepf Farms in Queen Creek.

***January 2016***

***Friday, 1***: Happy New Year. Start the year out with a healthy focus and more nuts, like pecans. Pecans are ranked number one among the family of nuts for naturally occurring antioxidants that may help contribute to heart health and disease prevention.

***Friday, 8***: Arizona has the most competitive grocery industry in the U.S. Good for you and me and our pocketbooks. Plus, Arizona grows or raises every basic food item you find in our competitive grocery stores: Dairy, eggs, beef, fresh fruits and vegetables!

***Friday, 15***: Arizona agriculture does use 70% of our water but 100% of us eat the food grown and raised by our farmers. As Arizona grows and develops a shift will take place from agriculture to development. But we’ll still need water to grow food.

***Friday, 22***: In order to get the same amount of protein as 3 ounces of beef, you’d need to eat 7 tablespoons of peanut butter and that’s 670 calories! 3 ounces of beef averages 150 calories. Eat Arizona high-quality, tasty beef.

***Friday 29***: Need more fiber in your diet? Eat Arizona Pecans! A one-ounce serving provides 10% of the Daily Recommended Intake for fiber. Our family, the Waldens, produce thousands of tons of pecan nuts each year.

***February 2016***

***Friday, 5***: Every single shipment of milk entering a dairy processing plant is tested for safety and quality factors. Besides this testing regimen, federal, state and local regulatory agencies make frequent and unannounced on-site inspections of dairy processors and dairy farms to ensure high quality, tasty, safe and nutritious milk.

***Friday, 12***: If you eat beef you’ll get ZIP: an excellent source of zinc, iron and protein - and vitamin B12, vitamin B6 and niacin. Our Arizona cattle will give you ZIP and wonderfully tasty beef.

***Friday, 19***: Every serving of milk provides 9 essential nutrients, including calcium, potassium, phosphorus, protein, vitamins A, D and B12 and more in every glass of milk. Did you have your glass of Arizona quality milk today!

***Friday, 26***: Calorie-for-calorie, beef is one of the most naturally nutrient-rich foods.  A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the Daily Value for ten essential nutrients.

***March 2016***

***Friday, 4***: Fill Your Plate is now mobile friendly. Your weekend trip to northern or southern Arizona might first mean a morning visit to a local farmers market. Just take out your smart phone and go to Fill Your Plate.org to take advantage our searchable farmers’ market feature.

***Friday, 11***: All Arizona agriculture is part of the local economy but the global economy as well. We are a $17 billion industry. No small potatoes, oh and we grow potatoes in Arizona too.

***Friday, 18***: Arizona agriculture uses the latest technology to conserve and manage our water including drip, basin, pivot and siphon tube irrigation. Our long-term, effective water storage and management actually ranks top tier compared to other parts of the country.

***Friday, 25***: March is National Nutrition and Fresh Celery Month. Arizona Agriculture is all about celery and nutrition since we grow plenty of this crisp veggie and a rainbow of colorful vegetables year around. Remember, in Arizona we’re planting and harvesting every month of the year!

***April 2016***

***Friday, 1:*** Fill Your Plate is now mobile friendly. Your weekend trip to northern or southern Arizona might first mean a morning visit to a local farmers market. Just take out your smart phone and go to Fill Your Plate.org to take advantage our searchable farmers’ market feature.

***Friday, 8***: A three ounce serving of lean beef contains more than 10% of your daily needs the following essential nutrients – protein (50%), zinc (39%), vitamin B12 (37%), selenium (24%), phosphorus (20%), niacin (18%), Vitamin B6 (16%), iron (14%), riboflavin (12%). My family raises high-quality Arizona beef.

***Friday, 15***: Regularly workout? Make milk your sports drink. Recent studies find milk can repair and replenish muscle tissue after exercise by replacing nutrients such as protein, carbohydrates, vitamins, minerals and water. Arizona’s dairies serve up fresh milk daily.

***Friday, 22***: Eat yogurt since you’ll get millions of good bacteria in every serving. Researchers have confirmed that probiotics in yogurt are useful for improving our immune function and all around good digestive health. Arizona’s dairy farmers provide the freshest milk that makes our healthy yogurt.

***Friday, 29***: Today, 66 percent of beef cuts sold at retail are lean (when trimmed and cooked). And, lean beef cuts have less than 10 grams of total fat. Lean beef consumption contributes protein, iron and B-vitamins. Arizona beef is some of the tastiest around.

***May 2016***

***Friday, 6***: Arizona is not only a destination state, but a nutrition state all because of our 300-plus days of sun. In fact, Arizona agriculture grows everything from Apples to zucchini and everything in between; we’re so good at it we can grow the healthy Mediterranean diet in the desert and that includes fish.

***Friday, 13***: May is national Egg Month! Did you know that our own Hickman's Family Farms produces more than 7 million eggs a day for Arizona families? So, go ahead, it’s okay to eat more eggs, it’s a healthy choice!

***Friday, 20***: Ears of corn always have an even number of rows of kernels. And, that annoying silk on the top – each one is responsible for one kernel of corn on the ear. Thanks to Arizona’s climate, our sweet corn season runs from late May to September allowing us to have one of the longer sweet corn seasons.

***Friday, 27:***  Regions of Arizona represent different agriculture water issues. What is Maricopa County’s water issue is not Yavapai County’s. But one thing is common, Arizona’s farmers and ranchers get more crop per drop to grow the food we love.

***June 2016***

***Friday, 3***: Its summer! Time to find out if a watermelon is ripe by thumping it and listening for the hollow sound of ripeness. Arizona and California are the largest producers of Watermelon in the U.S. Make this and other melons and berries a centerpiece of your summer family picnics.

***Friday, 10***: June is Dairy month! Arizona's 188,000 dairy cows provide us with the freshest milk, cheese and yogurt. On average, a dairy cow will produce 7 gallons of milk each day. Plus, 97% of your milk in the grocery store is coming from our local Arizona Dairies, including mine, Kerr Dairy.

***Friday, 17***: Arizona farmers grow more food and fiber with less – less land, less labor, less water, less soil erosion, less energy use, less greenhouse gas emissions – but with more efficiency and safety. Our Kerr Family Dairy is just one example of this.

***Friday, 24***: Today’s agriculture tools, seeds and methods, and the men and women who use them, make our food system healthier, safer, more affordable and more abundant than it has ever been. For example, we can grow more than six and a half times more Arizona cotton per acre than we did 100 years ago.

Break from July through October

***November 2016***

***Friday, 4th***: Arizona’s wine grape harvest recently wrapped up. Our state is host to three major wine-grape growing regions. During the holidays, it’s time to enjoy Arizona’s award winning wines!

***Friday, 11th***: Apples are more efficient than caffeine in keeping people awake in the morning. Arizona apples are considered some of the most crisp and sweetest because of our sunny days. Don’t forget to add Hickman eggs to that morning meal.

***Friday, 18th***: Guess why you always see an egg entree with a fruit or juice for breakfast? Eggs are one of the unique food options that contain every essential vitamin, except for C. Adding orange juice to your breakfast solves that issue. Remember, breakfast is the most important meal of the day!

***Friday, 25th***: Wondering what to cook for dinner tonight? Why not check out Arizona Farm Bureau’s Fill Your Plate website. We feature three food articles a week that include tasty healthy recipes. Or, search our recipes to find a yummy recipe that’s a generational favorite with one of our Arizona farm and ranch families.

***December 2016***

***Friday, 2nd***: Discover the health benefits of chili peppers, especially if you like spicy foods. In Arizona, we grow some of the best varieties of chilies around and supply the chili seed that makes New Mexico’s Hatch Chilies so famous.

***Friday, 9th***: Arizona cotton farmers have just about wrapped up our harvest to supply some of the highest-quality cotton around. Our family, the Alcaidas, have been growing cotton for generations.

***Friday, 16th***: Merry Christmas! The holidays are a good time to discover everything we grow and raise during this magical season. Go to Fill Your Plate and check out our seasonal charts to discover we grow it all.

***Friday, 23rd***: Planning on a Prime Rib this holiday season instead of turkey? Arizona ranches raise some of the finest beef around. Our family has been in the cattle business in Arizona for [***mention the number of years***.]

***Friday, 30th***: Yuma, Arizona produces 90% of our leafy greens and other vegetables for all the United States in the winter and they do it with one of the more efficient and amazing irrigation systems around.

***January 2017***

***Friday, January 6th***: Guess why we call Arizona the Nutrition State? Arizona grows or raises every nutritionally required food group: grains, fruits, vegetables, plant and meat proteins, dairy and eggs. And don’t forget wine, it starts out as a food crop!

***Friday, January 13th***: Arizona is not the biggest farm state by any means, but few states can boast what we deliver to our tables; everything an Arizona family needs for a balanced diet. Yes that includes fresh fruits and vegetables 12 months out of the year; meat proteins, including fish!

***Friday, January 20th***: Wondering what to cook tonight? Why not check out Arizona Farm Bureau’s mobile friendly Fill Your Plate. We feature three food articles a week that often feature tasty recipes. Or, search our farmers’ market tab and discover a market anywhere in the state.

***Friday, January 27th***: Arizona’s sun, seed, soil and well-managed water use equals a nutrition state in the desert producing every food group from January through December. In fact, Arizona’s $17 billion agriculture industry never sleeps.

***February 2017***

***Friday, February 3rd***: Arizona ranks second only to California in production of a variety of fruits and vegetables during the winter and that’s why we call ourselves the Nutrition State. Support a healthy diet and Arizona farmers by purchasing and eating your fruits and veggies!

***Friday, February 10th***: Putting Olive oil on salad helps the body absorb nutrients. Good to know since Yuma, Arizona is considered the country's winter Salad Bowl! Use your Queen Creek Olive Mill oil to keep the entire salad local.

***Friday, February 17th***: Twenty-nine cuts of beef meet government guidelines for being lean. In Arizona, we raise enough beef to feed nearly 5 million Americans each year. You can find some of our yummy beef raised by our Arizona ranch families on Fill Your Plate.

***Friday, February 24th***: Work out often? Make milk your sports drink. Recent studies find milk can repair and replenish muscle tissue after exercise by replacing nutrients such as protein. Arizona dairies serve up fresh milk daily. You should too.

***March 2017***

***Friday, March 3rd:*** 96% of all Arizona homes have milk in the fridge. No worries about keeping you well stocked though, our family dairy farms have nearly 200,000 milk cows to keep us well supplied with local dairy product.

***Friday, March 10th:*** If you’re looking for quality, Arizona beef and want to buy directly from the rancher, go to fillyourplate.org. Our website hosts about 25 beef producers including grass-fed and heritage breeds of cattle.

***Friday, March 17th:*** Did you know that Arizona Farm Bureau represents all types of farmers and ranchers. They might be small, medium and large-sized farms and ranches. And, we represent conventional, organic and biotech farmers.

***Friday, March 24th:*** The floral market is booming and Arizona is one place to find beautiful fresh cut flowers. U.S. flower farms, like mine, can supply your fresh cut flower needs and satisfy your desire to buy local. And, you can buy them by the bucket-full.

***Friday, March 31st:*** Applying water to our desert farming is why Arizona flourishes. The west has only 20% of usable farmland, but produces 60% of the nation’s total value of agriculture products. The big reason? Irrigation!

***April 2017***

***Friday, April 7th:*** Cows in Arizona are not treated with artificial hormones. That gallon of milk in your fridge came from a family dairy farm where quality care for our cows includes regularly visiting nutritionists. Do you have a nutritionist visit your home?

***Friday, April 14th:*** Arizona beef is one of our largest agriculture commodities generating nearly one billion dollars to our state’s economy. So in addition to keeping you healthy, eat beef and keep our state economically healthy.

***Friday, April 21st:*** 58% of Americans would prefer to purchase fresh flowers from an American Flower Farmer, like me. With your support, more local flower farms could be filling the vases in your home with fresh cut flowers.

***Friday, April 28th:*** Did you know that 96.3% of the cotton planted and grown in Arizona last year was biotech, or GMO, cotton? Biotech cotton reduces water and pesticide use and helps us grow more cotton on less land. We’ve been growing it for 20 years!

***May 2017***

***Friday, May 5***: Beef is a nutrient-dense food and is the number one source for protein, vitamin B12 and zinc. In Arizona, it's our number one agriculture commodity bringing in close to a billion dollars. This Cinco de Mayo weekend, grill some juicy steaks.

***Friday, 12th***: May is national Egg Month! Did you know that our own Hickman's Family Farms produces more than 9 million eggs a day for Arizona families? Eat more eggs, it’s a healthy choice!

***Friday, 19th***: It’s so important to get your 5 servings of veggies daily, that even if small trace amounts of pesticides from organic or conventionally-grown veggies exist, you’re better off eating these nutrient rich foods. So, wash your fruits and vegetables.

***Friday, 26th***: Olive oil is so healthy it even protects against heart disease. In Arizona, you can buy it locally from our olive tree groves thanks to our family’s Queen Creek Olive Mill. So, here’s to your heart.

***June 2017***

***Friday, 2nd***: Time to find out if a watermelon is ripe by thumping it and listening for the hollow sound of ripeness. Arizona and California are the largest producers of Watermelon in the U.S. Make this and other fruits a centerpiece of your summer family picnics.

***Friday, 9th***: Numerous studies have linked Mediterranean dietary patterns, rich in olive oil, with favorable effects on body weight. In other words, olive oil does not cause weight gain. Get your high quality Arizona olive oil at our family’s Queen Creek Olive Mill stores and cook to good health!

***Friday, 16th***: June is Dairy month! Arizona's dairy cows provide us with the freshest milk, cheese and yogurt. On average, a dairy cow will produce 7 gallons of milk each day. Plus, 97% of the milk in the grocery store comes from our local Arizona Dairies.

***Friday, 23rd***: The Vintage date on a bottle of wine indicates the year the grapes were picked, not the year of bottling. Arizona's wine industry has 5 regions representing our state's award winning wines! Have you tried any Arizona wine lately?

***Friday, 30th***: Arizona farmers need water to grow the quality food you eat. Today, we’re doing it with 30% less water and growing even more thanks to technology improvements in how we water the crops that grow the food you enjoy.

***Extra***:

It's nearly Halloween! Originally Jack-O-Lanterns were made from turnips. Arizona pumpkin growers are growing all kinds including pink and white.

Water

Every region of Arizona represents a unique and different agriculture water issue. What is Maricopa County’s water issue is not Yavapai County’s. But one thing is common, Arizona’s Farmers and ranchers regularly use conservation water methods to save water while feeding us.

1. The Arizona agriculture industry represents the strongest use of modern technology to conserve and manage water including drip, basin, pivot and siphon tube irrigation. Plus our long-term planning, storage and managed transfer actually ranks in the top tier compared to other parts of the country in how we effectively manage our water.
2. Irrigated agriculture is why Arizona has flourished. While the west has only 20% of useable farmland, the west produces 60% of the nation’s total value of agriculture products according to the Family Farm Alliance and other sources. The big reason? Irrigation!
3. Yuma, Arizona produces 80% to 90% of our leafy greens for all the United States in the winter and they do it with one of the more efficient and amazing irrigation systems around.
4. In 2014, the Arizona Department of Water Resources (ADWR) released a statewide assessment on water supply sustainability and found there is a sufficient water supply available in, for example La Paz County alone, for at least the next 100 years … other regions of the state have water estimates that are just as positive and in some cases more so.
5. The key is balance … balancing the economic success of agriculture for this state and our economy while protecting our long-term water supplies, particularly for rural Arizona … this is the case for Yavapai and so many other counties.