

D I G I T A L M A G A Z I N E

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# Arizona Agriculture

*Full of Food, Farmers & Fun!*

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**15**  
Crops

E N R I C H M E N T

Arizona Agriculture

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Apricots



Arugula



Barley



Broccoli



Cabbage



Cantaloupe



Cauliflower



Chiles



Corn



Dates



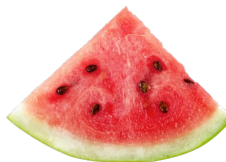
Lemons



Lettuce



Spinach



Watermelon



Wheat

Arizona

# Apricots

Apricots grown in Arizona are **extra sweet** because of the hot Arizona sun.



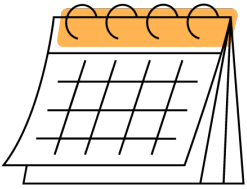
Commonly enjoyed in **jams** or as a **dried fruit**.



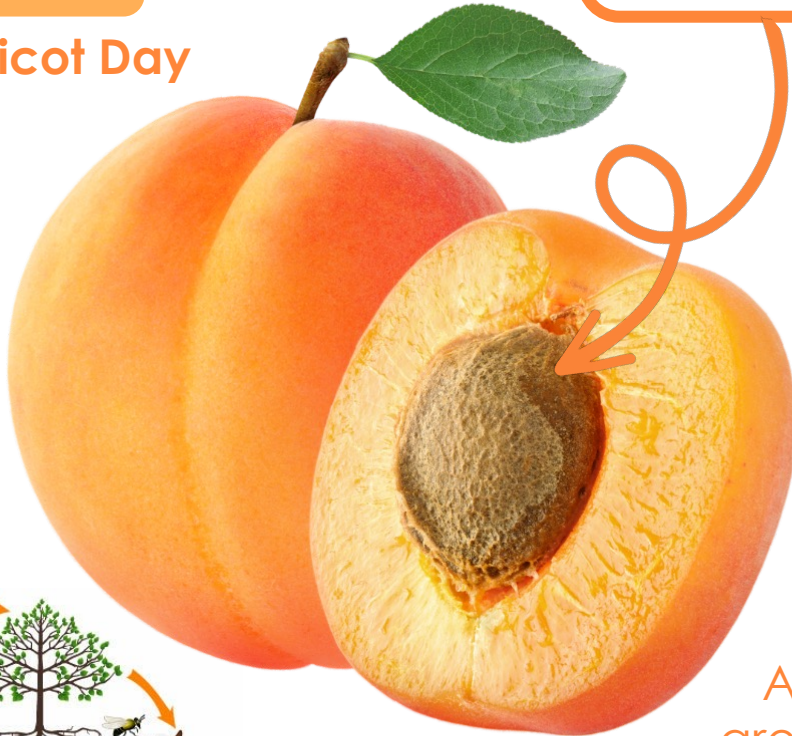
The seed in the center of an apricot is called a "**stone**".

**JANUARY 9**

**National Apricot Day**



Apricots are in season from **May** to **August**.



Apricots have been to the **moon!**



Apricots are grown on **every** continent except Antarctica.

Apricots are members of the **rose** family.

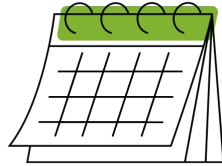
Apricot trees can produce fruit for up to **25 years**.



Arizona

# Arugula

Arizona arugula grown in the **fall, winter & spring**.



Arugula is a part of the **mustard** family.



In Arizona, arugula is mainly grown in **Yuma** and **Maricopa** counties.

Arugula repels pests with its **spicy** smell and taste.

Arugula is described as a **“peppery”** leafy green.



**“Rocket”** is a common nickname for arugula because of how fast it can grow.



Arugula prefers a **cool climate** to grow.

Arugula grows **8 - 39 inches** tall!



Arugula is ready to harvest only **40 days** after planting.



Arizona

# Barley

Arizona farmers have grown barley for **more than a century**.

There are **5** main varieties grown in AZ.



## Ways to Classify Barley:

1. Spring Barley
2. Winter Barley
3. 6-Row Barley
4. 2-Row Barley

The U.S. produces mostly **spring** barley.

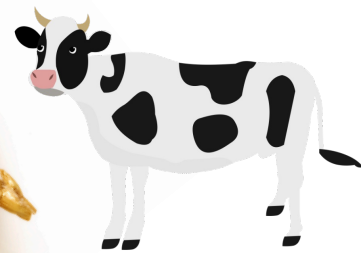
Barley is one of the **oldest** domesticated grain crops.

A **small** percentage of barley is milled into flour.



Barley is a **cool-season, annual** crop.

Barley is used as a feed grain for livestock.



The head of the plant is called the "**barley spike**" which is made up of 20 - 60 grains.

Barley is a **tall grass** with a stem that reaches between 30 - 35 inches high.



Arizona

# Broccoli

Arizona ranks **second** in the U.S. in broccoli production.

Arizona broccoli is grown in the **fall, winter & spring**.

Broccoli is made up of a bunch of tiny, unopened flowers.



The word broccoli means “**the flowering top of a cabbage**”.

## 2 Forms of Broccoli:

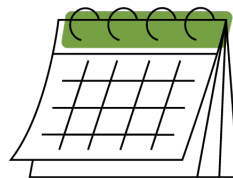
1. Sprouting
2. Heading

**Heading** broccoli is the most common.

Broccoli is a **cool-season** vegetable.



Broccoli grows **BEST** during fall & spring.

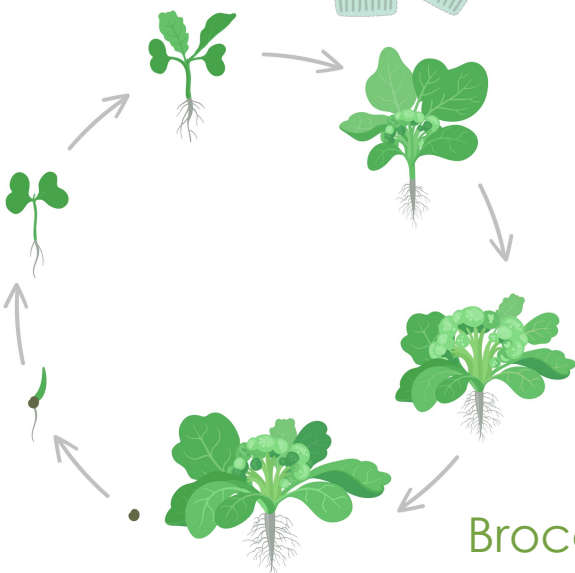


Broccoli is harvested all by **HAND**.

Broccoli takes **70-140** days to complete growing after planting.



Broccoli is a part of the **brassica** family.



Arizona

# Cabbage

In Arizona, cabbage is in season **ALL year long!**

Arizona's **climate** and **nourishing soil** allows for cabbage to thrive year-round.

Cabbage is a "cold-weather veggie".



Cabbage grows best in a lot of **sunlight**.

Peak season is from **November** to **April**.



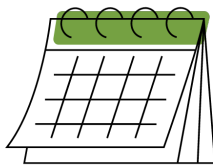
## Types of Cabbage:

1. Early
2. Late

Average plant is **4 - 6 feet** tall.



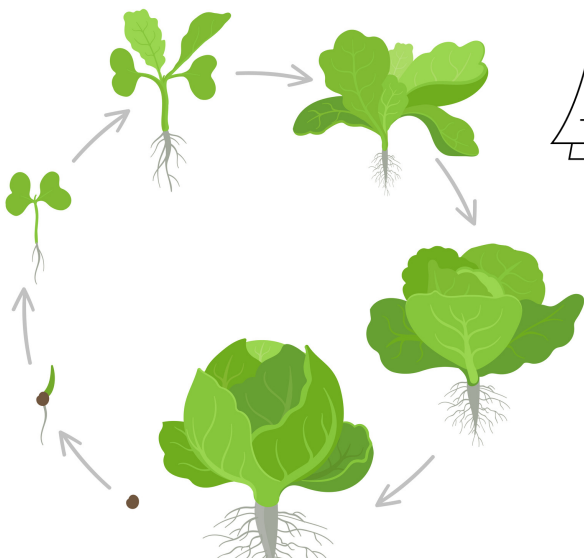
Early cabbage takes **45 days** to mature, and late cabbage takes **87 days**.



**400+** varieties of cabbage.

The most **popular** varieties of cabbage:

1. **Green Cabbage**
2. **Red Cabbage**
3. **Savoy Cabbage**



Arizona

# Cantaloupe

Arizona's climate allows for growing some of the tastiest melons in the country!



The most **popular** melon in the U.S.!

Because of Arizona's **300-plus days of super sunshine**, cantaloupe can be harvested in the spring and fall.

The actual name for cantaloupe is "**reticulated muskmelon**".



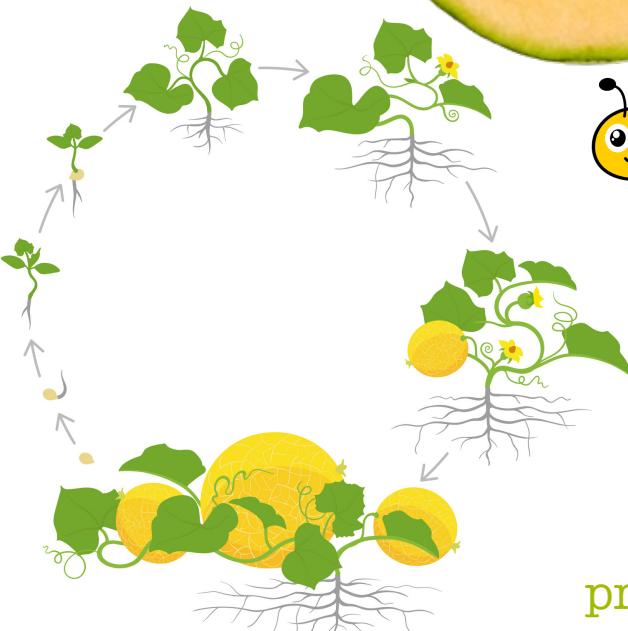
Do **NOT** continue to ripen once they are picked from the vine.

Their yellow flowers attract **honeybees** that pollinate the melon.



The vines that the cantaloupe is attached to can reach up to 5 ft long.

Cantaloupe take **90 days** to produce fruit after being planted.

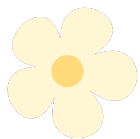




Arizona

# Cauliflower

Arizona is home to **5,400 acres** of cauliflower.



“Cabbage Flower”

Cauliflower is a **cool-season** crop.

Cauliflower plants can grow to be **1.5 feet** tall.



Cauliflower varieties that do well in Arizona’s desert include **Snowball, Snow Queen & Snow Prince**.

The **BIGGER** the cauliflower head, the **BIGGER** the flavor!

Cauliflower is a good source of **Vitamin C!**



**Very** sensitive to extreme weather.

Commercially, **white cauliflower** is the most common.

Cauliflower can also be **green, purple, orange, brown & yellow!**



There are **HUNDREDS** of different varieties of cauliflower.



Arizona

# Chiles

The origins of **80 - 90%** of the chilis grown commercially in the U.S. can be traced back to one farm in Arizona.

Chile peppers are a **fruit**.

Chile peppers come in a variety of different colors.

Top **3** Chile Producing States:

1. New Mexico
2. California
3. Arizona

Chile peppers thrive in **long, hot days and warm nights**.



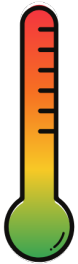
Chiles are a part of the **nightshade** family.



The best way to cool down your mouth after eating a spicy pepper is with milk.



The heat of chile peppers are measured on a **Scoville scale**.



Chiles get **spicier** the longer they ripen on the vine.



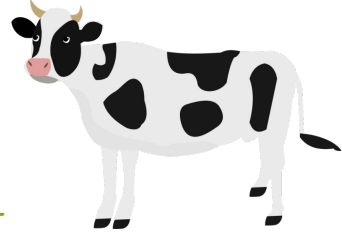
**Capsaicin** is the compound in peppers that make them spicy.



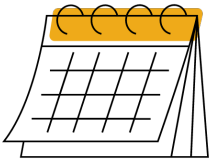
Arizona

# Corn

Hundreds of acres of corn are harvested in Arizona to prepare feed for cows.



Corn is harvested in Arizona for their dairy farmers in the month of **July**.



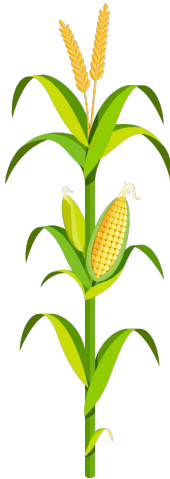
**Corn is America's number 1 field crop.**

An ear of corn **ALWAYS** has an even number of rows.

Corn is considered a **vegetable, fruit AND a grain!**

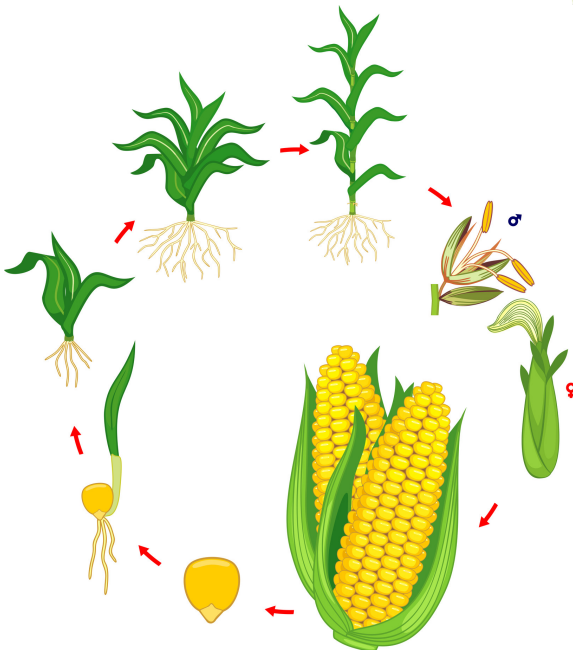


There are around **800** kernels on each ear of corn.



Most countries outside of the United States call corn "**maize**".

**90,000,000** acres of the earth are corn fields.



Arizona

# Dates

The majority of dates grown in Arizona are from **Yuma** county.

Yuma, Arizona produces around **10 MILLION** pounds of dates each year.

## 3 Types of Dates:

1. Ajwa dates
2. Noor dates
3. Medjool dates

**Medjool** dates are the most common type of date grown in AZ.

Dates are a **stone fruit**.

Dates are naturally **dehydrated**.

Medjool dates are the **MOST** popular.

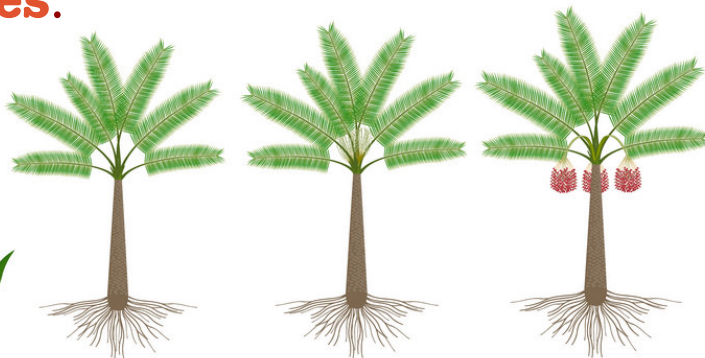


Dates are **chewy** & **sweet**.



Medjool dates are known as the **King of Dates**.

Dates are grown on **date palm trees**.



Date palms can grow up to **75 feet tall!**

Arizona

# Lemons

Arizona produces around **18%** of lemons grown in the U.S.

Arizona is home to **6,800 acres** of lemon trees.

Combined, Arizona and California grow **95%** of all lemons grown in the U.S.

Only **4** states in the U.S. grow lemons: California, Arizona, Florida & Texas.



**3 tbsp** of juice in 1 lemon.

**8** seeds per lemon.

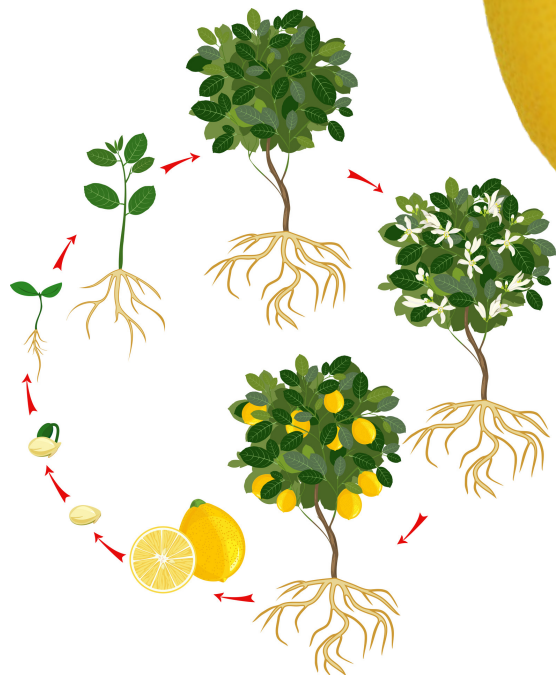
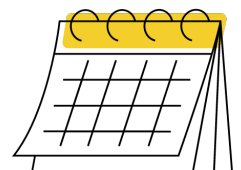
A lemon tree can live for **50 years**.

Lemons are technically **berries**.

Most common types of lemons: **Meyer, Eureka & Lisbon**.

Lemon trees can produce up to **600 pounds** of lemons every year.

Lemon trees produce fruit **ALL** year round.



Arizona

# Lettuce

Between November – March, **90%** of America's lettuce is grown in Arizona.

95% of Arizona lettuce is grown in **Yuma County**.

Darker green lettuce leaves are **MORE** nutritious than lighter green leaves.

## 4 Main Types of Lettuce:

**MOST**

**LEAST**

Lettuce prefers to grow in **colder climates**.



Iceberg lettuce (also known as crisphead) is the most popular type of lettuce in the U.S.

Lettuce is a part of the **sunflower** family.



Lettuce is the **2nd** most popular vegetable in the U.S.

1. Butterhead
2. Crisphead
3. Looseleaf
4. Romaine



Lettuce is **95%** water.



Because of lettuce's water %, it must always be eaten **FRESH**.



Arizona

# Watermelon

Arizona has around **2,900 acres** of land dedicated to growing watermelon.

Watermelons are a part of the **gourd family** with cucumbers, pumpkins, etc.

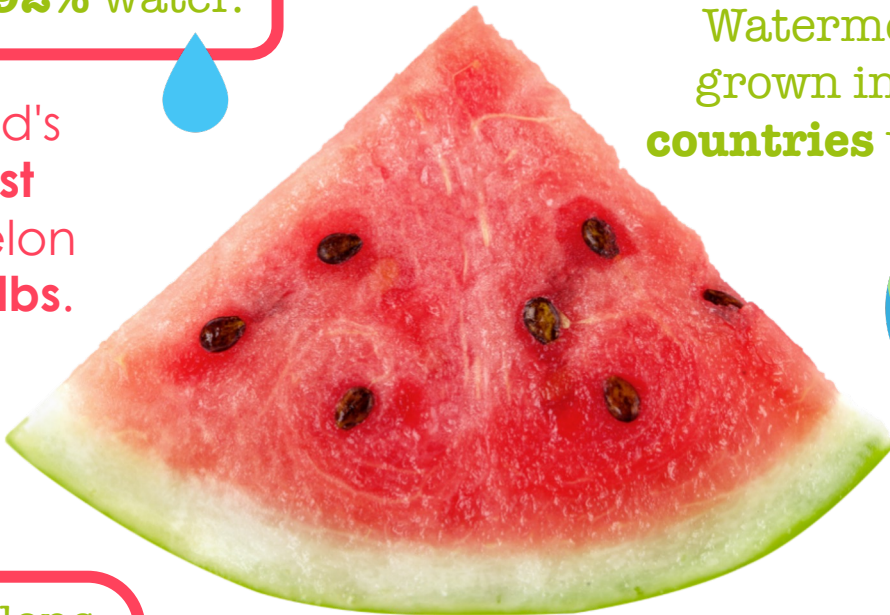
There are over **1,200 different varieties** of watermelon grown around the world.

Watermelon are considered both a **fruit AND a vegetable**.

Watermelons are **92%** water.

Watermelons are grown in over **96 countries** worldwide.

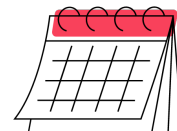
The world's **heaviest** watermelon was **350 lbs.**



Harvested by hand.

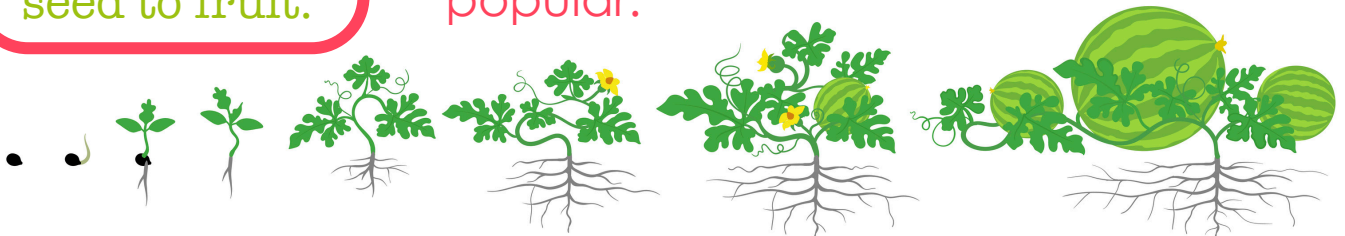
Watermelons take **90** days to grow from seed to fruit.

**Seedless** watermelon are most popular.



**JULY**

**National Watermelon Month**



Arizona

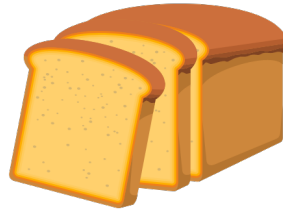
# Wheat

Arizona is well known for its **Desert Durum Wheat**.

Desert Durum Wheat is **highly prized** for its gluten strength and yellow color.

## 6 Classes of Wheat Grown in the U.S.

1. Hard Red Winter
2. Hard Red Spring
3. Soft Red Winter
4. Soft White
5. Durum



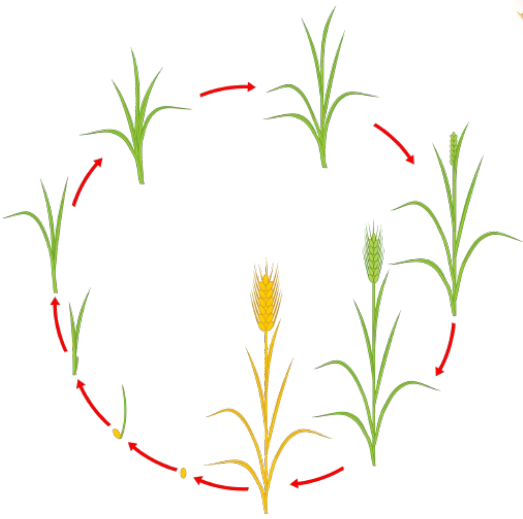
1 bushel of wheat can produce **90 loaves of bread**.

**Hard Red Winter** wheat is used mostly for making **breads**.

1 acre = **40** bushels of wheat.

The average wheat crop grows to be between 2 & 4 feet tall.

Wheat grows best in **warm** weather.



Wheat is the **MOST** harvested crop in the world.



Arizona

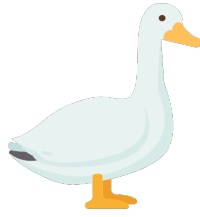
# Spinach

Arizona produces around **150 MILLION** pounds of spinach each year.

AZ is the **2<sup>nd</sup>** largest spinach producing state.

## 3 Main Types of Spinach:

1. Savoy
2. Semi Savoy
3. Flat-Leaf



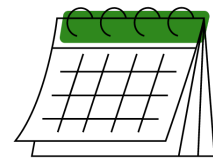
Spinach is a part of the “**goosefoot family**” because of the shape of its leaves.

**FRESH** spinach is the **BEST** spinach!



Spinach loses half of its major nutrients **8 days** after harvesting.

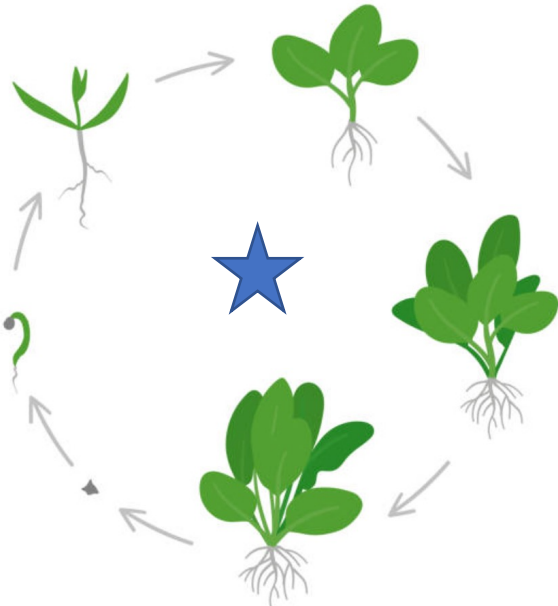
**Flat-Leaf** spinach is the best known & most popular.



**Late spring/early summer** is peak spinach season.

Spinach prefer to grow in **cooler climates**.

Spinach thrives when grown in **sandy** soils.



# Learn More Library

