



Regional Growing Highlight: Northern Arizona

November 18, 2024

1:30 PM - 2:00 PM

Professional Standards Learning Codes: 1130, 1230



Meet Your Host



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HEALTH AND NUTRITION SERVICES SPECIALIST

Welcome!



upLIFT was designed specifically for child nutrition professionals like you. It offers resources to help you LEARN about nutrition, get INSPIRED on meal choices for your participants, FEED students healthy meals, and TEACH others in your community about your programs.

You can look forward to materials and monthly webinars featuring unique upLIFT content showcasing Arizona child nutrition professionals, and providing ongoing inspiration throughout the year. This will empower you to upLIFT your programs in your own unique way!

Overview

1. Northern AZ Climate and Agriculture
2. Procuring Local Food in Northern AZ Region
3. Serving Local Food in Northern AZ Region

Northern AZ Climate and Agriculture

Introduction

Regionality, Agriculture, and School Meals

Northern Arizona's climate is **dry** and **arid**, with high elevation and long winters.

Soil in northern Arizona is generally shallow, alkaline, and low in nutrients. This is because the **dry climate** slows down the breakdown of plant and rock material, and bedrock is often close to the surface. There is also little organic matter to retain moisture and nourish plants.

Coconino County is a **livestock-dominant county**, with cattle and calves being the top agricultural commodity by sales. Arizona's animal industry also includes dairy, poultry, and eggs.

Northern AZ Climate

Northern AZ Microclimate

Northern Arizona's **rugged terrain** creates many microclimates, each with its own plant and animal community. Some factors that contribute to these microclimates include:

- **Exposure:** North-facing slopes are usually cool and shady, while south-facing slopes are hotter and brighter.
- **Slope:** The top of a slope is usually warmer than the bottom because warm air rises. Top soil is rockier and drains well, while the soil at the bottom is moister and higher in nutrients.
- **Soil:** Desert soil is sandy and drains quickly, so moisture evaporates faster. Compost can help regulate temperature and moisture.
- **Shade:** Trees, walls, and other objects can cast shade and create microclimates. White walls can reflect sunlight and create a warmer microclimate.

Agricultural Techniques

Traditional Farming

This arid climate presents unique challenges for agriculture, but traditional farmers have adapted ingenious techniques to thrive in these conditions.

- **Dry Farming:** This method involves cultivating crops without the use of irrigation, relying instead on the moisture retained in the soil from seasonal rains.
- **Terrace Irrigation:** By constructing terraces on slopes, farmers are able to slow down water runoff and increase infiltration into the soil.

Traditional farmers often incorporate crop rotation and companion planting to maintain soil fertility and control pests naturally.

Traditional Farming

Elden Pueblo (Pasiwvi)

[Farming and Food at Pasiwv](#) is a fascinating resource created by the USDA Southwestern Region that discusses the traditional strategies of farming in Northern Arizona, specifically at Mt. Elden!

Mt. Elden has the most favorable microclimate in the area and is close to a reliable water source.



Key Growing Seasons

How Climate Affects Local Procurement

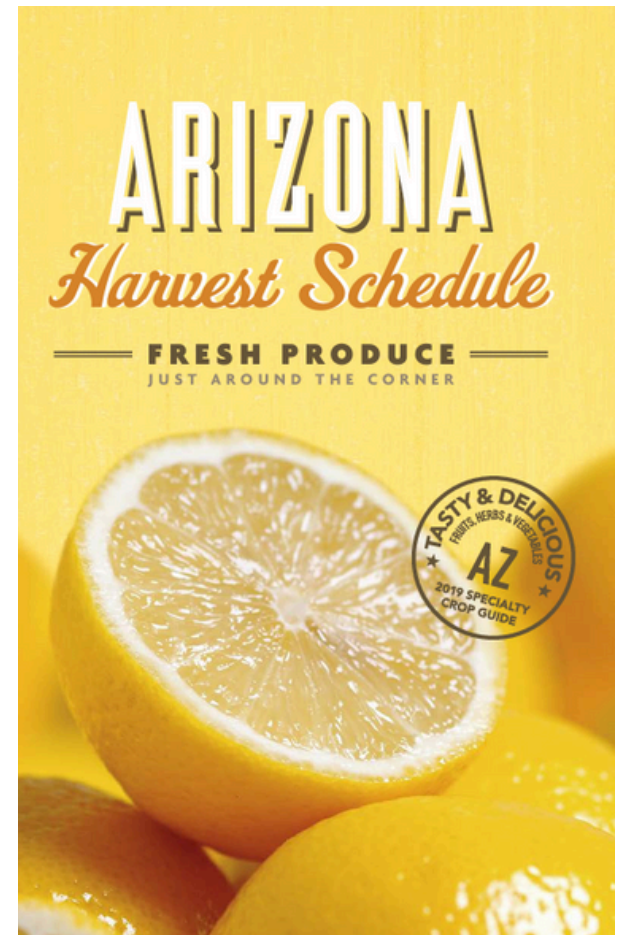
Key growing seasons in Northern AZ are **spring and fall**, with limited winter availability due to freezing and below freezing temperatures. The growing season is the number of days between the last recorded 32°F in spring and the first recorded 32°F in autumn.

- Common crops that grow during peak season include: Blue corn, cotton, hay, melons, potatoes, and sweet potatoes.

AZ Harvest Schedule

Seasonal Crop Guide

There is produce being harvested from January to December in Arizona! Follow the harvesting calendar to see what is available every month of the year.



Procuring Local Food in Northern AZ Region

Advantages

Unique Local Items

There's more to local items than just fresh fruits and vegetables! Local products like 100% grass fed and grass finished beef, eggs, and even pickles are available in Northern Arizona.

Producers include, but are not limited to, the following:

- [Arizona Grass Raised Beef Co.](#) Camp Verde, AZ via Shamrock and Charlie's
- [Aguiar Farms](#): Paulden, AZ
- [Whipstone Farm](#): Paulden, AZ

Disadvantages

Limited Accessibility to Local Items

- One of the biggest challenges to being located in Northern AZ is limited accessibility to local items. However mainline distributors (Charlie's Produce, Willie Itule, Shamrock etc.) **DO** provide local. So it is doable!
- Helpful things to keep in mind:
 - It's **always** worth it to ask your distributor about the availability of local items.
 - AZ regional is defined as any item within 400 miles of the school or district, therefore the four corners region may look different than other parts of AZ.
 - i.e. 'local' products may come from Utah, Colorado, or New Mexico!

Procurement Resources

Aggregators and Mainline Distributors List and Guide

This list was compiled using information reported for Try it Local reimbursement. These contacts and webpages may be used as reference when looking to connect with local farmers and producers. Use the guide as your starting point for Try it Local!

TRY IT LOCAL RESOURCE LIST
The Arizona Department of Education Health and Nutrition Services does not endorse any specific distributors, farmers, producers, etc. for Try it Local. This list was compiled using information reported for Try it Local reimbursement. The following resources may be used as reference when looking to connect with local farmers and producers. Please note that while this list provides valuable guidance, it is not exhaustive.

Mainline Distributors
Distributors that deal with vast quantities of products and are often able to provide better discounts and pricing options for those who buy in increased volumes.

Grand Avenue Produce
Greco & Sons
Peddlers Son
Shamrock Foods
Stern/Charlie's Produce
Vesta Foodservice
Syaco

AGGREGATORS AND MAINLINE DISTRIBUTORS
When reaching out to aggregators/distributors, remember these key points to establish a successful connection.

KNOW THE DIFFERENCE
Aggregator: a company that negotiates with producers of the food items on behalf of groups of consumers.
Mainline Distributor: distributors that deal with vast quantities of products and are often able to provide better discounts and pricing options for those who buy in increased volumes.

DETERMINE WHAT YOU NEED

- Are local products highlighted on the order lists? If not, is it possible to do so in the near future?
- Are notations included indicating a product is sourced locally sent out regularly?
- Can specific farm names for locally grown products be provided, or is the farm of origin information included on product labels?
- Can items from specific farms be requested?

ASK QUESTIONS ABOUT LOCAL FOODS
Ask your distributor or aggregator for a list of available local foods and a report of current local foods you purchase.
The report can show amounts purchased monthly, quarterly or annually, and include total product weights and dollar amounts.
This information helps identify menus that work best for available local foods and set goals for the amount of local foods you purchase.

CLEAR UP EXPECTATIONS
Let the supplier show what "local" truly means in your world.
Make the call if you're all in for local goodies or if you're cool with just a pinch of local flavor.
Then spill the beans to your go-to guy!

KEEP THE CONVERSATION GOING
Talk with your account representative on a regular basis. If you need ideas on what questions to ask, start with the ones we've supplied.

RESOURCES:
Arizona Department of Education
Arizona Department of Health and Nutrition Services

July 2024 | Health and Nutrition Services | Arizona Department of Education | This initiative is an equal opportunity provider.

Procurement Resource

Requesting Local Products through a Distributor

- Build strong relationships with your distributors
- Foster open communication, you can easily address any concerns or adjustments needed along the way
- Stay informed about new products and offerings
- Consider visiting local farms or production facilities to gain a deeper understanding of the origins and availability of products

Procurement Resource

Available Items

This is an example of available items through distributors. **This list is specific to peak produce in the month of November/Fall available to Northern Arizona, not a comprehensive list of items available**

- Beef
- Eggs
- Pickles
- Cheese
- Spinach
- Garlic
- Spring Mix
- Spring Mix
- Arugula
- Radishes
- Curly Kale
- Beets
- Medjool Dates

Try It Local

Try it Local: Arizona's Local Food for Schools Program

“Try It Local” is an Arizona Department of Education (ADE) campaign intended to promote local Arizona products for use in School Meal Programs. The program aims to strengthen local and regional food supply chains and to encourage and support School Food Authorities (SFAs) with creating sustainable local procurement practices.

USDA has awarded \$4,380,275 for assistance in purchases of unprocessed or minimally processed domestic local or regional foods for use in meals served in School Meal Programs.

Try It Local

Allowable Foods and Expenses

Invoices eligible for reimbursement using LFS funds are for foods meeting the definition of **unprocessed or minimally processed, domestic, local, or regional, and used in meals associated with the School Meal Programs. Incidental costs** (such as those related to storage and distribution) that are a part of the normal or customary purchase price charged by a vendor for any given food product are also allowable.

ADE will process requests for reimbursement through submission of eligible paid invoices dated July 1, 2023, and later, on a first come first serve basis, through August 30, 2025, or until funds are obligated, whichever is first.

Try It Local Resources

Resources for SFAs

- [Information Sheet for SFAs](#)
- [Aggregators and Mainline Distributors Guide](#)
- [Try it Local Resource List - Mainline Distributors, Aggregators, and Farmers/Producers](#)

Try It Local Interest Form

Try It Local Participation

- HNS is eager to help SFAs understand Try it Local and procure local foods eligible for Try it Local funds. Please submit a **School Interest Form** to connect, learn more, and start receiving funds for eligible food purchases.
- [How to Receive Try it Local Funding for Eligible Food Purchases](#)

Try It Local Tip!

Can foods already paid for using Supply Chain Assistance Funds (SCA), Fresh Fruit and Vegetable Program (FFVP) and/or DoD Fresh Produce be claimed through Try it Local?

SFAs need to be aware of **supplanting**. The funds awarded through the LFS must supplement (by increasing or expanding) but not duplicate, existing food procurement and food distribution activities of the non-profit school food service account. For example, food already paid for using Supply Chain Assistance Funds (SCA), Fresh Fruit and Vegetable Program (FFVP), DoD Fresh Produce, etc., cannot also be claimed under the LFS Program. For local items, it is recommended to **not** use DoD funds. Pay out of the school food service account, then get reimbursed via Try it Local. Therefore this stretches the DoD Funds farther!



Serving Local Food in Northern AZ Region

Benefits of Local in School Meals

Advantages of Procuring and Serving Local

- Nutritional benefits: access to fresh, nutrient-dense choices
- Local farmer support: bolsters the economy and lowers carbon emissions
- Learning opportunities: educating students on agriculture and healthy eating habits
- Financial assistance for sourcing local products via Try It Local and Local Food for Schools

Tips from the Field

Humboldt Unified School District

Repeat Farm Fresh Challenge **Gold Awardee**

*“What has worked best for us is purchasing items from a **local farm** (Mortimer Farms) in our area. They sell a lot of items that they grow themselves but they also sell items that other AZ farms produce, so they always have a great selection. I also go through the produce department at our **local grocery stores** to find fruits and vegetables that are AZ grown. I have been able to find a few items from **Shamrock** but I find it's just easier to hit our local farm and grocery stores.” - **Pamela Luizzo**, NDTR, SNS, Nutritionist for Humboldt Unified School District*

Kitchen Creations

Background

In October 2020, the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) awarded ADE HNS a Team Nutrition Training Grant aimed at developing school meal recipes.

Utilizing these funds, HNS initiated the **Kitchen Creations** recipe challenge, inviting National School Lunch Program (NSLP) operators to submit entrée or side dish recipes that incorporate cultural cuisines and locally sourced Indigenous ingredients for standardization.

Among these ingredients are blue corn, tepary beans, Hopi winter squash, and White Sonora wheat berries.

Kitchen Creations

Recipes

In anticipation of Native American Heritage Month, ADE HNS has unveiled a curated collection of recipes made with Indigenous ingredients.

You can find the recipes posted on the HNS website within the [upLIFT webpage](#) under the Kitchen Creations section.

upLIFT



upLIFT was created for you, the child nutrition professional, to provide you with materials to help you LEARN about nutrition, INSPIRE you on what to feed your participants, FEED your participants healthy meals, and TEACH others in your community about your programs!

LEARN

▶ Webinars

▶ Nutrition Knowledge Fact Sheets

INSPIRE

▶ Find Your Inspiration: upLift Photostream

FEED

▶ One in a Melon Promotion

▼ Kitchen Creations

The Arizona Department of Education (ADE) was awarded a United States Department of Agriculture (USDA) Team Nutrition Training Grant that supports the initiation of the Kitchen Creations project. This project specifically focuses on creating standardized recipes for use in school meals programs. All recipes standardized under the grant will feature local and native foods as the primary ingredients.

KITCHEN CREATIONS RECIPES

[Blue Corn Mush with Roast Squash & Pepitas](#)

[Blue Corn Mush with Roasted Corn](#)

[Blue Corn Mush with Strawberries, Banana and Honey](#)

[Soam Bavi \(Brown Tepary Bean\) Bowl](#)

[Three Sisters Enchilada Casserole](#)

[Triple Berry Parfait with Fresh Berries](#)

[Triple Berry Parfait with Fresh Strawberries and Blueberry Compote](#)

Kitchen Creations

Saom Bavi Bowl

This delightful dish combines the nutty flavor of **tepany beans** with the refreshing taste of seasonal fruits, creating a harmonious blend that's both nutritious and delicious.

Tepary Beans are available through Blue Sky Organic Farms in Litchfield Park and Sun Produce Cooperative in Phoenix.

USDA United States Department of Agriculture State-Developed Recipe

NUTRITION INFORMATION	
For 1 bowl	
NUTRIENTS	AMOUNT
Calories	354
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	38 g
Sodium	361 mg
Total Carbohydrate	59 mg
Dietary Fiber	25 g
Total Sugars	5 g
Added Sugars Included	N/A g
Protein	21 g
Vitamin A	N/A mcg RAE
Vitamin C	
Vitamin D	
Calcium	
Iron	
Potassium	

N/A=Data not available.


SOURCE:
FY 2021 Cohort A Team

Food and Nutrition Service

MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Romaine lettuce, untrimmed	1 lb 5 oz	2 lb 10 oz
Sweet Bell Pepper	3 lb 5 oz	6 lb 10 oz
Tomatoes, red	2 lb 14 oz	5 lb 12 oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
Cooking Process #3-Complex Prep.

USDA United States Department of Agriculture State-Developed Recipe



Soam Bavi (Brown Tepary Bean) Bowl

The Soam Bavi bowl is a dish that features the tepary bean over a bed of brown rice and includes chicken, salsa, and a variety of fresh produce (lettuce, sweet peppers, tomatoes, and onions) to create a filling dish that kids will love!

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
This recipe was adapted from Salt River Pima-Maricopa Indian Schools

Preparation Time: 12-18 hours
Cook Time: 8 hours, 30 minutes

NSLP/ISBP crediting information:
Beans credited as meat/meat alternate:
1 bowl provides 1/2 cup total vegetable (1/2 cup additional vegetable, 1/2 cup red/orange vegetable, 1/2 cup other vegetable), 3.25 oz eq meat/meat alternate and 1.00 oz eq grains

Beans credited as a vegetable:
1 bowl provides 1-1/2 cup total vegetable (1/2 cup additional vegetable, 1/2 cup lequeme vegetable, 1/2 cup red/orange vegetable, 1/2 cup other vegetable), 1.00 oz eq grains and 1.00 oz eq meat/meat alternate

Food and Nutrition Service | This institution is an equal opportunity provider. Page 1 of 5

Kitchen Creations

Saom Bavi Bowl at Concordia Charter School!



Resources

Tepary Beans

ARIZONA HARVEST SCHEDULE

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
									✗	✗	

Find Tepary Beans in AZ

- Ramona Farms
 - via Blue Sky Organic Farms, Litchfield Park
 - via Sun Produce Cooperative, Phoenix

Food Buying Guide: Tepary Beans Quick Math

1 lb Dry Beans = 4.5 1/2 cups of Dry Beans

19 1/2 cups, beans, drained, HEATED OR 22 1/2 cups, beans, drained, UNHEATED = No. 10 Can (108 #) Beans

Local Recipe

SOAM BAVI BOWL (BROWN TEPARY BEAN)

The Soam Bavi is a protein "power bowl" featuring the tepary bean, brown rice and includes chicken, salsa, and a variety of fresh, and local produce (lettuce, sweet peppers, tomatoes, and onions). Create a local, fresh and protein packed lunch that kids will love!

As proud Arizonians, we're all too familiar with the monsoon season—where sunny skies pull a dramatic about-face into a torrential downpour faster than you can say "umbrella!" But here's the scoop: from this wet-and-wild spectacle, springs a desert delicacy that's been cherished by indigenous folks for ages—the fabulous **tepary bean!**

This little powerhouse thrives in the sandy embrace of arroyos (a steep-sided ravine formed by the action of fast-flowing water) during those monsoon showers, soaking up just enough moisture to sprout into a legume that's not just nutritious but also bursts with delightful flavor. Talk about a desert overachiever!

Arizona Harvest Facts

- The tepary bean crop is an extremely drought resistant and heat tolerant crop. It is so well adapted to the Sonoran Desert that it is capable of growing off monsoon water alone.
- Tepary beans are one of the legumes with the highest protein and fiber content.
- Tepary beans are capable of growing in poor, alkaline soil and are a perfect summer crop for those who wish to enrich their soil due to the atmospheric nitrogen fixing as well as contribution of organic matter.
- Tohono Oodham and other Native American Tribes traditionally use tepary beans cooked in soups and stews.
- In Tohono Oodham legend, the Milky Way is made up of white tepary beans scattered across the sky.

Submit the School Interest Form and HNS will be in contact to connect you with local producers!

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One in a Melon

Benefits of Fresh Produce

Check out this fact sheet to learn all about the benefits of serving local fresh produce in YOUR school meals!

Why serve fresh produce?

Incorporating local fresh produce into your meals offers numerous advantages for students, schools, and the community. By serving local fresh produce, YOU can play a critical role in promoting health, education, and sustainability, benefiting students and your local community.



Nutritional and Health Benefits

- Local produce is often fresher and retains more nutrients compared to items that have traveled long distances. This means students receive meals full of essential vitamins and minerals.
- Fresh produce typically has a better taste and texture which can be more appealing to students and encourages healthier eating habits.
- Access to locally grown fruits and vegetables allows for a more diverse menu with a wide range of flavors and nutrients.

Economic Benefits

- Purchasing from local farms strengthens the local economy by providing farmers with a structured, reliable market for their produce.
- Establishing relationships between schools and local farms can build a sense of community and support.

Educational Opportunities

- Schools can integrate garden-based learning and incorporate farm to school activities for students to learn about agriculture, sustainability, and nutrition. This is a perfect opportunity to teach students about where their food comes from and the importance of supporting local!

Farm to School Support:

- Join the SY 2024-2025 Farm Fresh Challenge next April!
- Participate in Try It Local to be reimbursed for serving local foods!



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Nutrition Knowledge Fact Sheet

<https://www.azed.gov/hns/nslp/uplift/>

Looking Ahead

Take a Break!

upLIFT will be taking a break in December 2024.

Have a wonderful holiday season and New Year! We will see you in January 2025!

January Webinar

Join us in January!

upLIFT Webinar Series: Southern Arizona Growing Season Highlight

January 21, 2025

1:30 PM to 2:00 PM

Join us on January 24 for an engaging webinar that will explore the Southern Arizona growing season and its effects on school meals. Discover creative strategies to showcase and utilize the abundance of Southern Arizona's harvest to provide nutritious and tasty meals for students. Gain insights into the unique opportunities and challenges associated with sourcing local produce for school nutrition programs in this area, including valuable resources and tips from major distributors offering local products. Don't miss this enlightening session tailored for school nutrition professionals eager to incorporate local foods and promote farm-to-school initiatives!



Thank you!

**Any questions?
Please type them into the Q&A now.**

If you are attending the live webinar, you will receive an email once attendance has been completed. Once you have received this email, your training certificate will be available in Arizona Professional Learning Development (APLD).

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



Congratulations!

You have completed the recorded webinar: [Regional Growing Highlight: Northern Arizona](#)

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: [Recorded Webinar: Northern Arizona Growing Season Highlight](#)
- Length: [0.5 hour](#)

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

Congratulations!

Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.

*This will not appear in your ADE Professional Learning Development (APLD) Account.

<https://www.surveymonkey.com/r/upliftrecordedwebinar>

The information below is for your reference when completing the survey:

- Training Title: [Recorded Webinar: Northern Arizona Growing Season Highlight](#)

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The completed AD-3027 form or letter must be submitted to USDA by:

Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW Washington, D.C. 20250-9410; or

Fax: (833) 256-1665 or (202) 690-7442; or

Email: program.intake@usda.gov

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