recent updates from your County Extension Office.

Yuma for your support!

Our "Premium Farms" hat for knowing the origins of the name "Iceberg" lettuce.  Hint - it had its origins in the Yuma area.  I attended and even won a "Desert Burger" contest at the Yuma Food Tour, highlighting the agriculture in the Yuma area.  I attended and even won a "Desert Burger" contest at the Yuma Food Tour, highlighting the agriculture in the Yuma area.  I attended and even won a "Desert Burger" contest at the Yuma Food Tour, highlighting the agriculture in the Yuma area.  I attended and even won a "Desert Burger" contest at the Yuma Food Tour, highlighting the agriculture in the Yuma area.

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Partnered with our Yuma colleagues and held a Healthy & Delicious Veggies Virtual Summit. Another workshop on Food Safety and the Food Safety Modernization Act was held in partnership with the Maricopa County Cooperative Extension office. Those of you who live in the Phoenix area can appreciate not having to travel as much as those of us in Yuma. The Maricopa County Cooperative Extension has started the year running with program planning for the 2021 Southwest and the Yuma area. The Maricopa County Cooperative Extension has started the year running with program planning for the 2021 Southwest and the Yuma area. The Maricopa County Cooperative Extension has started the year running with program planning for the 2021 Southwest and the Yuma area. The Maricopa County Cooperative Extension has started the year running with program planning for the 2021 Southwest and the Yuma area. The Maricopa County Cooperative Extension has started the year running with program planning for the 2021 Southwest and the Yuma area.

Directors Cut sugarcane aphid, and root rot were videotaped using drone technologies. These drone technologies allow us to reach more people in less time with more effective delivery of our programs. These drone technologies allow us to reach more people in less time with more effective delivery of our programs. These drone technologies allow us to reach more people in less time with more effective delivery of our programs. These drone technologies allow us to reach more people in less time with more effective delivery of our programs. These drone technologies allow us to reach more people in less time with more effective delivery of our programs.

Program continued reaching out to the agricultural community. There was a 2021 4-H Industry Recognition Award Ceremony held in partnership with the Maricopa County Cooperative Extension office. Those of you who live in the Phoenix area can appreciate not having to travel as much as those of us in Yuma. The Maricopa County Cooperative Extension has started the year running with program planning for the 2021 Southwest and the Yuma area. The Maricopa County Cooperative Extension has started the year running with program planning for the 2021 Southwest and the Yuma area. The Maricopa County Cooperative Extension has started the year running with program planning for the 2021 Southwest and the Yuma area. The Maricopa County Cooperative Extension has started the year running with program planning for the 2021 Southwest and the Yuma area. The Maricopa County Cooperative Extension has started the year running with program planning for the 2021 Southwest and the Yuma area. The Maricopa County Cooperative Extension has started the year running with program planning for the 2021 Southwest and the Yuma area.

The organizers were pleased with turn out and 'good vibes' had by all in attendance. The organizers were pleased with turn out and 'good vibes' had by all in attendance. The organizers were pleased with turn out and 'good vibes' had by all in attendance. The organizers were pleased with turn out and 'good vibes' had by all in attendance. The organizers were pleased with turn out and 'good vibes' had by all in attendance.

Arizona dairy industry this spring and late into 2020, local and national dairy stakeholders participated in milk market meetings. There were smiles all around on October 31, 2020 at the first Arizona Fall Dairy Classic. There were smiles all around on October 31, 2020 at the first Arizona Fall Dairy Classic. There were smiles all around on October 31, 2020 at the first Arizona Fall Dairy Classic. There were smiles all around on October 31, 2020 at the first Arizona Fall Dairy Classic. There were smiles all around on October 31, 2020 at the first Arizona Fall Dairy Classic.

We're planning some incredible stops and social distancing precautions will be in place. HYBRID format - two days in-person and two days virtual.

To develop the testing tool, the PSEP Coordinator purchased an annual subscription to the American Association of Premier Dietitian Exams. The PSEP Coordinator created a new online practice testing tool to assist people preparing for the National Pesticide Applicator Exam. To develop the testing tool, the PSEP Coordinator purchased an annual subscription to the American Association of Premier Dietitian Exams. The PSEP Coordinator created a new online practice testing tool to assist people preparing for the National Pesticide Applicator Exam. To develop the testing tool, the PSEP Coordinator purchased an annual subscription to the American Association of Premier Dietitian Exams. The PSEP Coordinator created a new online practice testing tool to assist people preparing for the National Pesticide Applicator Exam. To develop the testing tool, the PSEP Coordinator purchased an annual subscription to the American Association of Premier Dietitian Exams. The PSEP Coordinator created a new online practice testing tool to assist people preparing for the National Pesticide Applicator Exam. To develop the testing tool, the PSEP Coordinator purchased an annual subscription to the American Association of Premier Dietitian Exams. The PSEP Coordinator created a new online practice testing tool to assist people preparing for the National Pesticide Applicator Exam. To develop the testing tool, the PSEP Coordinator purchased an annual subscription to the American Association of Premier Dietitian Exams. The PSEP Coordinator created a new online practice testing tool to assist people preparing for the National Pesticide Applicator Exam. To develop the testing tool, the PSEP Coordinator purchased an annual subscription to the American Association of Premier Dietitian Exams. The PSEP Coordinator created a new online practice testing tool to assist people preparing for the National Pesticide Applicator Exam.

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For more in-depth information on the above overview on National Nutrition Month®, visit the Academy of Nutrition and Dietetics website. National Nutrition Month® is an annual campaign to help individuals learn about the importance of a balanced diet, good nutrition, and the use of various food groups. The first week's theme is Eat a Variety of Nutritious Foods Every Day. This includes consuming a variety of fruits, vegetables, grains, and lean protein sources. The second week focuses on the importance of fruits and vegetables. The third week highlights the importance of dairy products. The fourth week emphasizes the importance of lean protein sources. The fifth week emphasizes the importance of whole grains. For more in-depth information on the above overview on National Nutrition Month®, visit the Academy of Nutrition and Dietetics website.

Nutrition can do for individuals.

Ideas include choosing healthful recipes, using nutrition labels and food group guidelines to make informed choices, and practicing portion control. The first week's theme is Eat a Variety of Nutritious Foods Every Day. This includes consuming a variety of fruits, vegetables, grains, and lean protein sources. The second week focuses on the importance of fruits and vegetables. The third week highlights the importance of dairy products. The fourth week emphasizes the importance of lean protein sources. The fifth week emphasizes the importance of whole grains. For more in-depth information on the above overview on National Nutrition Month®, visit the Academy of Nutrition and Dietetics website.

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