



# CITRUS

## Eat More Arizona Grown Citrus

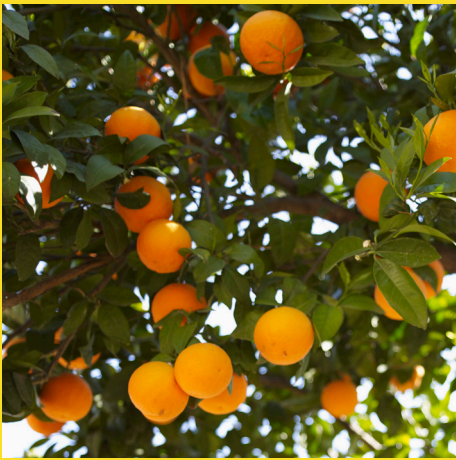
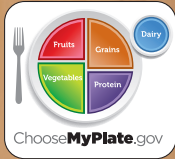
### Nutrients Found in Citrus

- |                  |  |
|------------------|--|
| <b>Vitamin C</b> | Helps keep your teeth and gums healthy           |
| <b>Calcium</b>   | Helps form bones and teeth and keeps them strong |
| <b>Potassium</b> | Helps you maintain a healthy blood pressure      |



### HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



One of Arizona’s five “C’s” of agriculture, citrus is one of Arizona’s oldest specialty crops. Most recently, lemons were harvested from 8,300 acres totaling 80,000 pounds of lemons! Also, tangerines were harvested from 1,200 acres totaling 6,800 tons of tangerines!



Choose citrus with firm, smooth skin and that is heavy for its size.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.