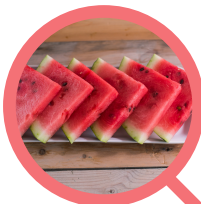


Harvest of the Month™



SUMMER - WATERMELON

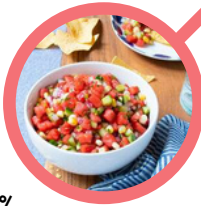
HEALTHY SERVING IDEAS



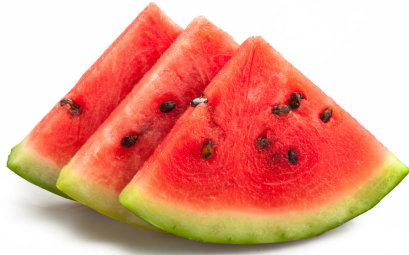
CUT IT OPEN AND EAT A FRESH SLICE!



TRY FREEZING AND ADDING TO DRINKS OR BLENDING INTO A SLUSHIE



USE IN REPLACEMENT OF TOMATOES IN SALSA FOR A SWEETER SUMMER SALSA



WATERMELON, A LOCALLY GROWN FRUIT OF SAN DIEGO COUNTY, IS AN AMAZING SOURCE OF VITAMINS AND MINERALS! CONTAINING NEARLY 92% WATER, AS WELL AS VITAMINS D, A, C, AND B6, IT IS A GREAT SOURCE OF HYDRATION AND NUTRIENTS! ENJOY WATERMELON AS A SNACK OR ADD TO MANY RECIPES FOR A SWEET TASTE!

FOOD WASTE PREVENTION

- 100% OF A WATERMELON IS EDIBLE, INCLUDING THE SEEDS AND THE RIND, THOUGH THE GREEN SKIN IS BEST WHEN COOKED
- WATERMELON CAN BE FROZEN IN ORDER TO MAKE IT LAST LONGER. CUTTING IT INTO CUBES THEN FREEZING ON A WAX PAPER LINED COOKIE SHEET CREATES A GREAT SWEET TREAT OR AN ADDITION TO ICED BEVERAGES
- WATERMELON SEED BUTTER CAN BE MADE WITH SEEDS, IT IS SIMILAR IN TASTE AND TEXTURE TO TAHINI

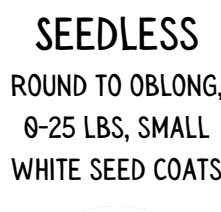


FUN FACTS
THE HEAVIEST WATERMELON EVER GROWN WAS IN TENNESSEE IN 2013. IT WEIGHED IN AT 350.5 POUNDS!

COMMON WATERMELON VARIETIES



SEEDED
ROUND, LONG, OBLONG. BETWEEN 5-45 LBS



SEEDLESS
ROUND TO OBLONG, 0-25 LBS, SMALL WHITE SEED COATS



ICEBOX
ROUND, SEEDLESS, 1-7 LBS



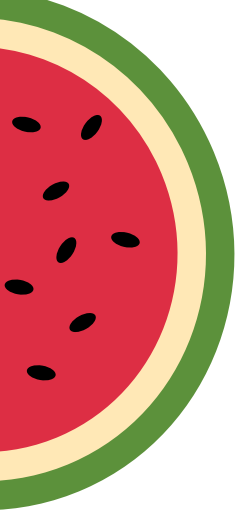
YELLOW
ROUND, SEEDED OR SEEDLESS, 10-30 LBS



ORANGE
ROUND TO OBLONG, SEEDED OR SEEDLESS, 10-30 LBS

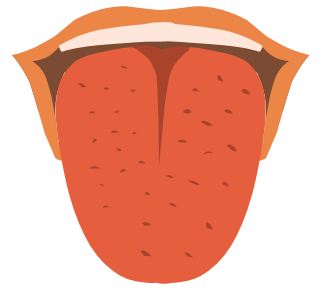
FUN FACTS
THE FIRST WATERMELONS APPEARED IN SOUTH AFRICA 5,000 YEARS AGO AND WERE EVENTUALLY CULTIVATED AND BECAME A COMMON FOOD IN EGYPT. PROOF OF THIS CAN BE FOUND IN HIEROGLYPHS IN ANCIENT BUILDINGS TELLING STORIES OF HARVESTING WATERMELONS.

MELON TASTE TEST ACTIVITY



MATERIALS

- WATERMELON
- CANTALOUPE
- HONEYDEW
- CUTTING BOARD
- KNIFE (ADULT USE ONLY!)
- DIXIE CUPS
- POSTER PAPER
- MARKER



INSTRUCTIONS

1. HAVE AN ADULT CAREFULLY CUT OPEN EACH MELON
2. CAREFULLY CUT EACH MELON TO SMALL PIECES OR SLICES
3. DISTRIBUTE PIECES OR SLICES TO STUDENTS IN DIXIE CUPS OR PAPER PLATES
4. ENCOURAGE ALL STUDENTS TO TRY EACH MELON TYPE
5. AFTER EACH STUDENT HAS TASTED EACH MELON, TALLY THE STUDENT'S FAVORITE MELON BY SHOW OF HANDS OR BY TALLY MARK.
6. OPTIONAL: HAVE STUDENTS SHARE OUT WHAT THEY TASTED



WATERMELON SALSA RECIPE

INGREDIENTS

- 3 CUPS FINELY DICED SEEDLESS WATERMELON
- 2 JALAPENO PEPPERS, SEEDED AND FINELY DICED
- 1/3 CUP CHOPPED CILANTRO
- 1/4 CUP LIME JUICE
- 1/4 CUP MINCED RED ONION
- 1/4 TSP SALT

INSTRUCTIONS

1. PLACE ALL INGREDIENTS IN A LARGE BOWL AND MIX
2. SERVE WITH CHIPS OR USE AS A MEAL TOPPING

