Nutrition Info
One cup cubed watermelon has 40 calories.

Watermelon provides vitamins A & C.

Fun Facts
By weight, watermelon is the most-consumed melon in the U.S., followed by cantaloupe and honeydew.

A watermelon is completely edible, seeds can be roasted and eaten and the rind can be used for making preserves, pickles and relish.

Uses
Watermelon pairs well with almost any flavor- sweet, salty, savory, and bitter.
Try a watermelon cucumber gazpacho; watermelon in a salad with leafy greens, nuts, and cheese; or in a fruit salsa!

Watermelon is a great food to pack if you are planning to be outside in the heat because its high water content will help keep you hydrated.

Pick:
• Choose firm watermelons, free of cracks, bruises, and soft spots.
• Melons should be heavy for their size.
• Ripe watermelon will have a dull rind and a buttery yellow underside.

Store:
• Store uncut watermelons in the refrigerator, if possible, for up to 1 week.
• Cut watermelon should be tightly wrapped, refrigerated and used with a few days.

Prepare:
• Wash the outside of the watermelon before slicing.

We Want to Hear From You!
Share your fruit and vegetable tidbits and tales and be entered into a drawing for a $25 gift certificate! Each month we’ll ask a new question...and give you a new chance to win!

Here’s This Month’s Question:
It’s harvest time! Household and community gardens are overflowing with an abundance of produce, sometimes overwhelmingly so. Tell us your strategies for capitalizing on this windfall of fruit and vegetable goodness. Do you share, put up, donate? What community resources have you found helpful to make sure none of the bounty is wasted?

To Enter:
Answer this month’s question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month’s drawing, please send your response no later than August 31, 2014 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty
Watermelon Salsa
Makes about 12 cups

Ingredients:
½ whole small seedless watermelon, diced
½ red onion, diced
1 red bell pepper, diced
1 green bell pepper, diced
1 yellow bell pepper, diced
1 jalapeño, seeded and finely diced
½ cup chopped cilantro
Juice of 2 limes
½ tsp. salt

Directions:
In a large bowl, combine all ingredients; gently stir. Serve with chips, as a side salad, or on top of grilled chicken or fish.

For more information on Farm2School & Foot Steps to Health visit: www.GetActiveLacrosse.org!

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