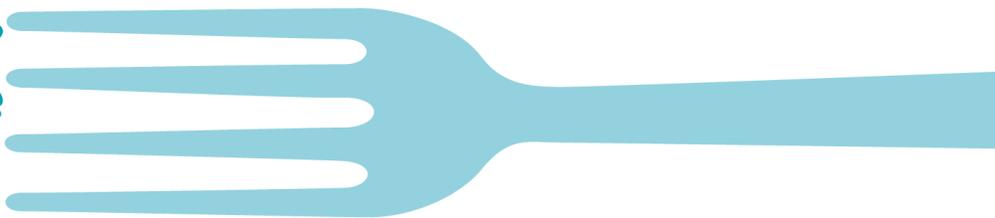


Harvest of the Month



August



Watermelon



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.

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.

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

Harvest of the Month

Nutrition Facts

Serving Size 1 cup (150g)
Servings Per Container 12

Amount Per Serving

Calories 45 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Sugars 8g

Protein 1g

Vitamin A 25% • Vitamin C 80%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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!](http://www.GetActiveLacrosse.org)

Color a
Watermelon!

