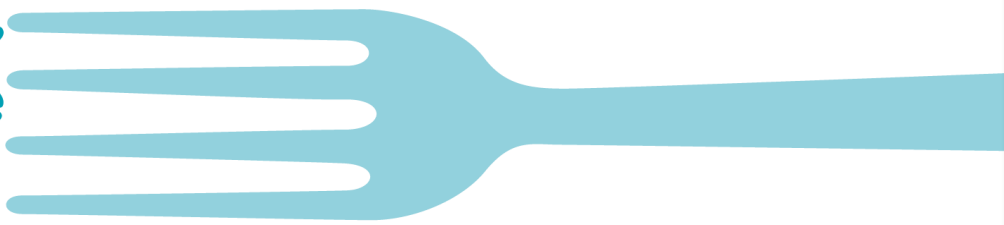


Harvest of the Month



July



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 within 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, the seeds can be roasted and eaten and the rind can be used for making preserves, pickles, and relish.

Watermelon is not always red fleshed – look for yellow varieties at the farmers' market!

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. Take it along on your next picnic!

Try a watermelon frosty – blend 3 cups frozen watermelon with 1 frozen banana, the juice & zest of two limes, a drizzle of maple syrup and about a ½ cup of water.

Family Friendly Activities

Make maracas! Choose a watermelon that has seeds. As your family eats the watermelon, collect the seeds on a paper towel. Rinse the seeds and let them dry. Take a paper plate, fold it in half, pour the watermelon seeds into it and staple it tightly shut. Decorate the outside of the plate, and shake around your new maraca!

After you slice open a watermelon, allow your children to use an ice cream scooper to scoop out the watermelon's flesh and create melon balls.

Watermelon Pops

Serves 6

Ingredients:

3 cups cubed watermelon
½ cup Greek Yogurt
¼ cup honey
1 Tbsp. lemon juice

Directions:

In a blender, combine all ingredients and blend until smooth. Pour watermelon mixture into popsicle molds or small cups and insert a popsicle stick or spoon. Freeze until firm, about four hours

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 visit:

www.laxf2s.org

**Color
Watermelon!**

