

HARVEST OF THE MONTH: WATERMELON



NUTRITION FUN FACTS:

- Watermelons are 92% water! With each delicious bite, you're staying hydrated, too!
- Each bite of watermelon has lots of vitamins A, B6, and C, plus other antioxidants and nutrients to keep your body healthy!
- Watermelon contains lycopene, which helps your eyes stay healthy!

Fun snack ideas!

HOW TO EAT WATERMELON:

1. Toss it in a fruit salad!
Watermelon is the perfect fruit to add to any fruit salad for bulk, color, and sweetness!
2. By the wedge!
Watermelon makes a great snack or side, and the rind makes it easy to hold and enjoy!

Pick the yummiest!

THINGS TO LOOK FOR:

1. Watermelons should feel heavy for their size. This means they'll be juicy!
2. A creamy yellow spot on the watermelon indicates that it's ripe and ready to eat!
3. A ripe watermelon will sound hollow when you knock on it.

BEST TIME TO EAT:

JUNE - AUGUST

RECIPE: WATERMELON SALSA

DIRECTIONS

1. Remove seeds from watermelon and chop into small pieces.
2. Dice onion and bell pepper.
3. Carefully remove the seeds from the jalapeño pepper and dice the pepper.
4. In a medium bowl, mix all ingredients.
5. Serve immediately, or cover and refrigerate for up to 1 hour to allow flavors to blend. Serve with vegetables or tortilla chips, or on top of burritos, tacos, fish, or grilled meat.

[HTTPS://EATFRESH.ORG/RECIPE/SIDE-DISH/WATERMELON-SALSA#.XT4SSP5KJLW](https://eatfresh.org/recipe/side-dish/watermelon-salsa#.xt4ssp5kjlw)

INGREDIENTS

Serves 8:

- 3 cups watermelon
- 1/2 medium onion
- 1/2 red bell pepper
- 1 jalapeño pepper
- 2 tablespoons fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

ACTIVITY: SKETCH THE SEEDS



Draw seeds on the watermelon! You can make a face, funny shapes, or whatever you think of! See what fun ideas you can imagine.

Example:

