

MELONS



Melon is our Nebraska Harvest of the Month item! Locally grown melon will be featured this month as part of the school meal program.

SELECTION, STORAGE & COOKING

- Wash the outer surface of melons thoroughly under cool, running tap water. Scrub melons with a clean produce brush before cutting. Cut away any bruised or damaged areas before serving.
- Cantaloupe: Check for ripeness by looking for the stem end to be hollowed inward or concave. The melon will yield to light pressure and have a sweet, musky aroma.
- Try watermelon icy cold in fruit smoothies, cold soups or simply eaten from the rind.
- Make eating melon even more fun by using small cookie cutters to shape the fruit. Use different types of melon to give your fruit a festive look!

NUTRITIONAL VALUE

Watermelon supplies excellent potassium, and vitamins A, C and B6.

WATERMELON YOGURT POPS

Ingredients:

- 3 cups cubed watermelon
- ½ cup Greek yogurt
- ¼ cup granulated sugar
- 1 Tbsp. lemon juice
- 6 popsicle sticks

Directions:

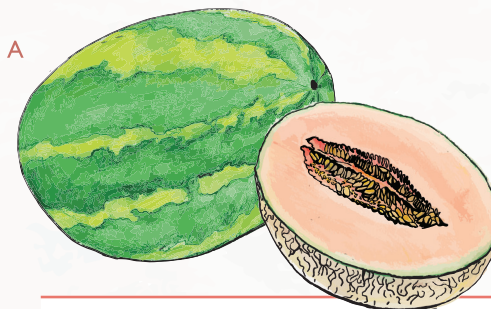
1. Mix watermelon, yogurt, sugar, and lemon juice in a blender. Pour into popsicle molds and insert sticks. Freeze until firm, about 4 hours or overnight. Enjoy!

Note: If your watermelon contains black seeds, remove them. If you do not have popsicle molds, use 4-ounce disposable cups.

SEASONAL AVAILABILITY



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FUN WITH MELONS

TRIVIA

What percentage of watermelon is water?

- A. 45%
- B. 60%
- C. 92%
- D. 38%

Cantaloupe and watermelon belong to which of these plant families:

- A. Solanaceae (the tomato group)
- B. Cucurbits (the cucumber group)
- C. Brassicas (broccoli and cabbage)
- D. Root Crops (like carrots and beets)

WORD SEARCH

F V J S U E X D Y I N H
F I X E A J F L E S H A
R T G A R D E N H H N E
U A N S H U X C O A L P
I M M O P T Y N N J Z U
T I X N H K E C O S O O
X N Y G Y Y I E U D O L
X S M N D E N M N O C A
S Q F E N I M H C X T T
M I W T V E X B E J X N
W A T E R M E L O N Y A
C C F S D E E S D E R C

WATERMELON

CANTALOUPE
HONEYDEW
SUMMER
FRUIT
VINE
VITAMINS
SEEDS
FLESH
ANCIENT
GARDEN
SEASON

Trivia Answers: C. 92% Not only is it delicious, it's a great way to stay hydrated too!
B. Cucurbit family, which is also the same family as pumpkins and gourds!

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I M M O P T Y N N J Z U
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X S M N D E N M N O C A
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