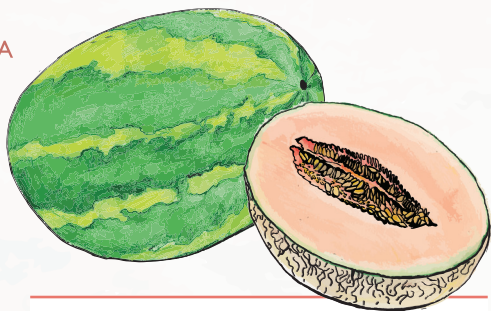


MELONS



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



LEARN MORE ABOUT HARVEST OF THE MONTH

www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

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
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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

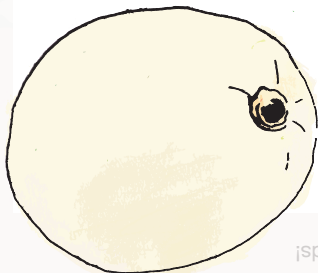
SEEDS

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!