

August is Watermelon

Nutrition & Health Benefits

- **Vitamin A** - Keeps skin and bones healthy, resists and fights infections, maintains good eyesight.
- **Vitamin C** - Needed for blood clotting and preventing excessive bleeding.
- **Potassium** - Helps lower blood pressure and is important for nerve function.

Preparation & Cooking Tips

- Select** - Choose a watermelon that is firm, symmetrical, and heavy. Look for a yellow spot on the underside of the watermelon.
- Store** - Uncut watermelon will keep for about 10 days in a cool place. Once cut refrigerate in a container for about 4 days.
- Prepare** - Wipe off outside and cut into desired pieces.

Did you know?

- Watermelon has more lycopene than any other fresh fruit or veggie. Lycopene is an antioxidant linked to decreased risk of cancer, heart disease and age-related eye disorders.
- Watermelons are in the same gourd family as squash and cucumbers.

Fun Facts

- The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.
- Early explorers used watermelons as canteens.
- The first cookbook published in the U.S. in 1776, American Cookery by Amelia Simmons, contains a recipe for watermelon rind pickles.

Pick the Best Watermelon

Try the Look, Lift, Turn!

1. **Look the watermelon over.** Look for a firm watermelon that is free from bruises, cuts, or dents. Scratching is ok!
2. **Lift it up.** The watermelon should be very heavy for its size. Watermelon is 92% water, most of the weight is water.
3. **Turn it over.** The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

The Look, Lift, Turn is tried and true. The thumping method can be less consistent. If you do try the thumping method, listen for a dull, muffled, hollow sound to tell if it's ripe.



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Fun Watermelon Recipes

Fruit Pizza

Ingredients

- Watermelon
- A variety of your favorite fruits
- Shredded Coconut

Directions

1. Let an adult cut the watermelon into pizza type slices.
2. Choose your favorite fruits to top it off and cut them into bite sized pieces.
3. Layer your favorite fruits on top of the watermelon.
4. Add shredded coconut, if desired.
5. Enjoy!



Strawberry Watermelon Popsicles

Ingredients

- 3 cups of cubed watermelon
- 1 cup of strawberries (fresh or frozen)
- zest and juice of 1 lime

Directions

1. Place all ingredients in a blender and puree until completely smooth.
2. Pour the watermelon puree into popsicle molds and freeze 3-4 hours, or until very solid.
3. Remove from popsicle molds and enjoy!
4. Store frozen popsicles in an airtight freezer-safe bag for up to 2 weeks.



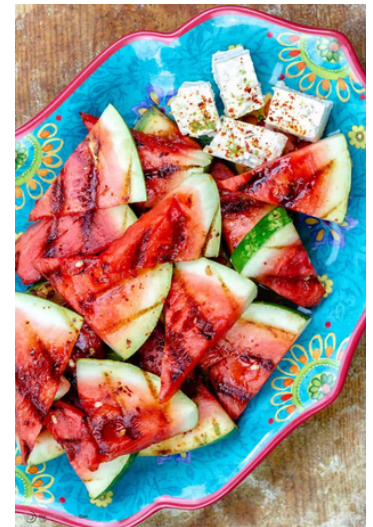
Grilled Watermelon

Ingredients

- 1 watermelon
- For Sauce
 - 1/4 cup honey
 - 2 limes, zested and juiced
 - 1 teaspoon red pepper flakes
 - feta cheese (for serving)

Directions

1. Heat your grill to high.
2. Slice the melon.
3. Grill for about 2 to 3 minutes on each side, watching for grill marks to appear.
4. Mix all ingredients for the sauce together. Warm for 10 seconds in the microwave.
5. Brush onto watermelon as desired.
6. Serve immediately!



Find out more at <https://www.wiharvestofthemoth.org>

Information adapted from Wisconsin Harvest of the Month.