



Harvest of the Month

PRESENTS September Watermelon



Pick:

- Choose firm watermelons, free of cracks, bruises, and soft spots. Rind should just barely yield to pressure.
- 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; seeds can be roasted and eaten and the rind can be used for making preserves, pickles and relish.

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.

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.

The Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, local school districts, and the community.

Adapted from La Crosse County HOM program.



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Watermelon Strawberry Shake

8 ounces lemon nonfat yogurt
2 cups cubed seedless watermelon
1 pint fresh strawberries, cleaned and hulled
1 medium banana, peeled and sliced

Directions:

In blender or food processor, process yogurt, watermelon, strawberries and banana until smooth and frothy. Serve immediately. Servings: 2



Frozen Smoothie Pops

Enjoy Strawberry Shake into small paper cups. Freeze, inserting popsicle sticks or plastic spoons when mixture is partially frozen. Set and enjoy!

Nutrition Facts (per serving):

240 cals, 50 g Carbohydrates, 0 g fat, 6 g protein

Color a Watermelon

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Next Month: Bell Peppers



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