

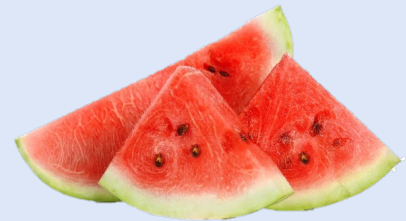
Farm Fresh Friday: Melons



Fun Facts

- Watermelons are closely related to cucumbers and gourds.
- Early explorers used watermelon as canteens.
- The stripes on a watermelon are indicators of variety type, not ripeness.
- The United States ranks 7th in worldwide watermelon production.
- Melons are loaded with nutrition, including vitamin C, vitamin A, potassium, folate, and antioxidants. They also have a high water content which helps keep the body hydrated.

The popular watermelon variety, Crimson Sweet, was developed at Kansas State University in 1964.



Provided by Watermelon.org and USDA Food Data Central

Preparation and Storage

Bacteria can be transferred from the outside of the melon to the inside through the cutting process. Wash the outside of the melon prior to cutting. Whole, uncut melons can be left at room temperature for approximately 5-10 days. Once melons have been cut, store in air-tight container for up to five days. Store away from grapes and apples, as ethylene gas released by these fruits can shorten melon shelf life can cause them to become mushy.

Melon Seasonality

May

June

July

August

September

October



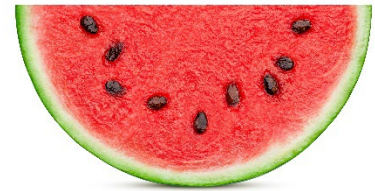
Watermelon

Cantaloupe



Watermelon Greek Salad

Ingredients	Weight	Measure	Directions
Mango, diced		12 cups	<ol style="list-style-type: none"> 1. In a medium stainless steel bowl, combine the diced mango, diced watermelon, sliced onions, chopped pickled jalapenos and halved tomatoes. 2. In a separate bowl, whisk the garlic, lemon juice, olive oil, honey, and salt. 3. Pour the dressing over the mango-watermelon mixture and mix well to combine. Toss with cilantro. 4. To serve, portion ½ cup.
Watermelon, seedless, diced		12 ½ cups	
Red Onions, finely sliced	1 ¼ lb		
Pickled Jalapeno Peppers, chopped		1 ½ cups	
Cherry Tomatoes, small, halved		6 pints	
Garlic, minced		1/4 cup, 1 tsp	
Lemon Juice		¾ cup, 1 ½ tsp	
Extra-virgin Olive Oil		¾ cup, 1 ½ tsp	
Honey		½ cup, 1 tsp	
Kosher salt		1 Tbsp, ⅛ tsp	
Cilantro, chopped		2 cups	



Serving Size	1 Serving Provides	Yield
½ Cup	¼ cup red/orange vegetables ⅔ cup fruit	50 servings

Recipe by the School Nutrition Association

Activity

Build Your Own Healthy Plate

Provide students with the blank MyPlate page, found here: <https://myplate-prod.azureedge.us/sites/default/files/2020-12/ColoringSheetBlank.pdf>

Ask students to color each food group on their plate: vegetables, fruits, protein, grains, and dairy. Discuss different foods in each food group. Ask students which foods are their favorite in each food group and which foods they would like to try. Discuss that eating a variety of foods is important to keep our bodies healthy.



Provided by USDA Agriculture Research Service, Nutrition Corner

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