



Visit the cafeteria on **Local Harvest Day** September 13th and receive a free sample of locally-grown Watermelon!

HARVEST of the MONTH MATCHING GAME

Did you know that watermelon is full of nutrients that help your body grow, learn, and play? Match each nutrient below with the correct amount found in a single wedge of watermelon (1/16 of melon)

Serving size (1/16 melon)	Potassium
1.7 grams	1.1 grams
Fiber	Fat
22 grams	87 calories
Protein	Carbohydrates
0.4 grams	320 milligrams

Watermelon-Mint Cooler

Ingredients:
 4 Cups seedless watermelon chunks (about 1 pound)
 1 1/2 cups lemonade
 1/2 cup mint

Directions:
 In a blender, puree the watermelon and lemonade; strain if desired. Stir in the mint and serve over ice.

Recipe from www.realsimple.com

Harvest of the Month

Watermelon

SEPTEMBER 2019

Did You Know?

- Watermelon is in the botanical family Curcubitaceae. It is cousins to cucumbers, pumpkin, and squash.
- Early explorers used watermelons as canteens.
- By weight, watermelon is the most-consumed melon in the United States, followed by cantaloupe and honeydew.
- Watermelon is 92% water.
- Forty-four states in the US grow watermelons, with Florida, Texas, California, Georgia, and Arizona consistently leading the country in production.

HARVEST of the MONTH // Watermelon

Watermelon is the largest annual horticulture crop in Texas! Hundreds of farms grow watermelons in an area of over 17,000 hectares throughout the state. When picking a watermelon, look for firm, symmetrical melons free from bruises or dents.

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