

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)



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.



Fort Bend Independent School District
Child Nutrition Department

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HARVEST of the MONTH BREAKFAST QUIZ

Wake up and test your knowledge of this month's featured produce by answering the questions below. Answers inside.

- 1 Cantaloupe gets its name from the town of Cantalupo. In what country can this town be found?
- 2 Cantaloupes were first found on what continent?
- 3 In many parts of the world, cantaloupe is also known as "_____".
- 4 Cantaloupes were first brought to North America by what famous explorer?
- 5 The states of California, Arizona, and _____ provide the majority of the cantaloupe crop in the USA.

Creamy Cantaloupe Popsicles

Ingredients:

- 1 1/2 cups cubed cantaloupe
- 1 cup heavy whipping cream
- 1/2 cup sugar
- Freezable mold for popsicles

Directions:

Puree the cantaloupe in blender and set aside. Combine whipping cream and sugar in a sauce pan. Stir over low heat until sugar is dissolved. Remove from heat and stir in pureed cantaloupe. Pour into popsicle molds and freeze until firm. Enjoy!

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BREAKFAST MENU

SEPTEMBER
2017

HARVEST of the MONTH // CANTALOUPE

Cantaloupes are available during a 7-month season (May-November). Cantaloupes that are ripe have a sweet fragrance and the blossom end will yield to moderate pressure. Avoid choosing cantaloupes with a stem as that indicates that the cantaloupe was harvested too early!

Coyanosa

Houston

Carrizo Springs

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HARVEST of the MONTH
CANTALOUPE

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