

# North Carolina Harvest of the Month

## STEPS TO HEALTH

The North Carolina Harvest of the Month featured fruit is



WATERMELON

## Health and Learning Success Go Hand-in-Hand

Farmers' markets offer a colorful variety of fresh fruits and vegetables at low prices. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. *Harvest of the Month* can help your family learn how to eat healthy and be physically active every day.

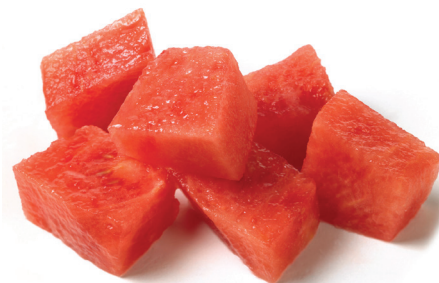
### BE AN ACTIVE FAMILY!

Include work around the house. Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



## Healthy Serving Ideas

- Slice and eat melons as a snack or side dish at meals.
- Serve sliced or chopped melons with lowfat yogurt or cottage cheese.
- Scoop fruit into melon balls.
- Freeze melon balls and enjoy as cold snacks on hot days.
- Blend lowfat yogurt, chopped melon, frozen strawberries, and a banana. Pour into cups and serve.



## Watermelon Salsa

Makes 6 servings.

1/2 cup per serving.

Prep time: 15 minutes

### Ingredients:

- 3 cups seeded and chopped watermelon
- 1/2 medium onion, chopped
- 1/2 red bell pepper, chopped
- 1 tablespoon seeded and chopped jalapeno pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

### Directions:

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

### Nutrition information per serving:

Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*

## Home Grown Facts

- Watermelon is the most popular melon in the United States, followed by cantaloupe and honeydew. Melons come in a variety of colors and flavors. Melons grow on vines in sandy soil in the coastal plain of eastern North Carolina or in the northeastern region of the state.
- Watermelons come in many different sizes and aren't always red inside. Yellow and orange watermelons are generally sweeter than red-fleshed watermelon. Some have seeds and some do not. Watermelons can be anywhere from 1 pound to 25 pounds. Most watermelons are grown late June until August.
- Cantaloupes are also known as muskmelons because of their smell when they are ripe. Cantaloupes are available July to August.
- The Sprite melon is available from middle of June through September in eastern North Carolina. This unique melon has a fruity flavor that resembles a cross between a honeydew and pear. These small melons are only about 1–1.5 lbs.
- North Carolina is also host to different melon festivals during the summer.

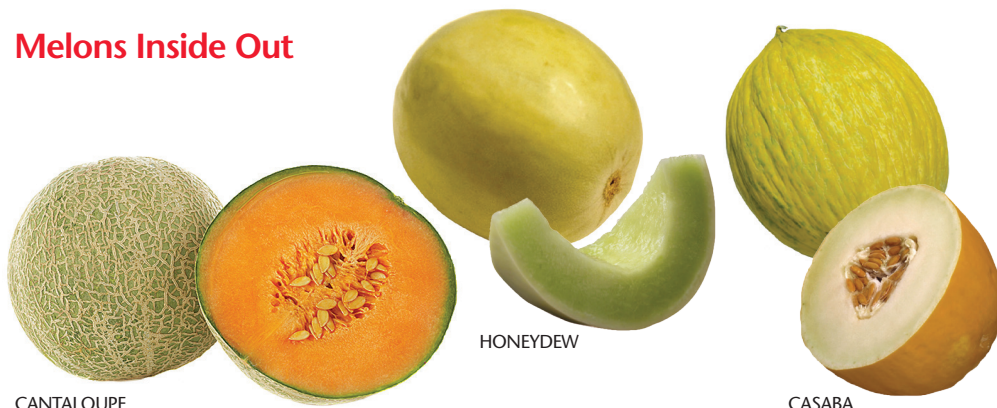
[www.ces.ncsu.edu](http://www.ces.ncsu.edu)

[watermelon.org](http://watermelon.org)

## What's your favorite melon?

Try different types and varieties of melons. Find a road-side market or farmers market to try different types of melons. Visit [ncfarmfresh.com](http://ncfarmfresh.com) to locate one near you.

## Melons Inside Out



HONEYDEW

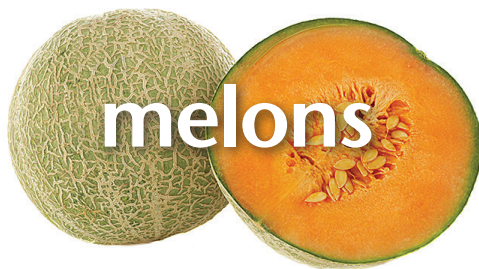
CANTALOUPE

CASABA

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melons

### Why Focus on Fruits and Vary My Veggies?

- Fruits and vegetables are an important part of a healthy, balanced diet.
- Melons contain vitamins A and C.
- Vitamin A helps keep your vision good, fight infections, and keep your skin healthy.
- Vitamin C helps your body heal cuts and wounds and helps lower your risk of infections.
- Melons are also a good source of carotenoids. These are antioxidants that may lower your risk for some diseases by keeping your body safe from free radicals. Free radicals can damage cells.
- Eat a variety of fruits and vegetables every day to get the nutrients you need to be healthy.

### How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart at right to find out how many cups of fruits and vegetables you and your family need every day.

### Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5–12	Teens and Adults, Ages 13 and up
Males	2½–5 cups per day	4½–6½ cups per day
Females	2½–5 cups per day	3½–5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

### How Much Do I Need?

- A half cup of cantaloupe, casaba, or honeydew melon provides an excellent source\* of vitamin C.
- A half cup of cantaloupe also provides an excellent source\* of vitamin A.

\*Excellent sources provide at least 20% Daily Value.

### Nutrition Facts

Serving Size: ½ cup cantaloupe, cubed (80g)

Calories 27      Calories from Fat 0

% Daily Value

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 13mg      1%

Total Carbohydrate 7g      2%

Dietary Fiber 1g      3%

Sugars 6g

Protein 1g

Vitamin A 54%      Calcium 1%

Vitamin C 49%      Iron 1%

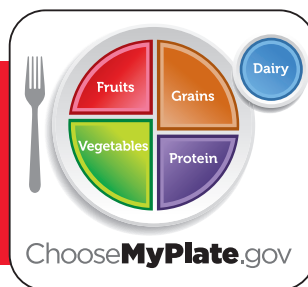
### Produce Tips

- Choose cantaloupes with a sweet, fragrant smell and soft dent on stem. They should feel heavy for their size.
- Select honeydews, casabas, and watermelons that feel heavy for size and sound hollow when tapped on rind.
- Avoid melons with shriveled, punctured, or cracked rinds.
- Store ripe, whole melons on the counter or in the refrigerator for up to two days.
- Refrigerate cut melons in sealed container. Use within three days.

### More Melons Each Day

- Try a bowl of sliced honeydew and cantaloupe for a cool and **colorful snack**.
- Blend seedless watermelon and freeze in ice cube trays. Add frozen watermelon cubes to sparkling water for a **refreshing drink**.
- Make melon **kabobs** with cubed cantaloupe, honeydew, and watermelon. You can also add in berries for extra color!

To learn about the other food groups, visit



### ACTIVE ADULTS

If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.