



ASK YOUR
CHILD ABOUT
MELON!

MELON!

This month, we are learning all about melons. Melons are related to squash, gourds, and cucumbers. Melons come in many different varieties, but the most common are honeydew, cantaloupe, and watermelon! Melons are delicious and refreshing. Eat melons plain, add them to salads, use them to make smoothies or even popsicles!

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Choose melons that are firm, symmetrical, and heavy for the size.
- Avoid melons with bruises, cuts, or dents. Watermelons should have a creamy yellow spot where they sat on the soil.
- Store melons at room temperature for 7-10 days. After cutting, they will keep for 3-4 days in the refrigerator.
- Freezing can cause the rinds break down and create a mealy, mushy texture.



KIDS CAN COOK: MELON

Kids can help prepare melon by:

- Washing the melons and strawberries.
- Measuring out ingredients.
- With adult supervision, using a melon baller or plastic knife to cut up the melon.
- Tossing the salad.

STRAWBERRY-MELON SUMMER SALAD

SERVES 6

1 cup plain or flavored yogurt (strawberry, lemon and vanilla work well)
1 teaspoon lemon juice
2 cups watermelon balls
2 cups cantaloupe balls
2 cups halved fresh strawberries

DIRECTIONS

1. Wash strawberries and remove tops. Cut them into quarters.
2. Wash and slice open the melons. Scoop out seeds and place in a separate bowl.
3. Cut melons into cubes or use a melon baller to scoop out balls of melon.
4. Combine the melons and strawberries in large bowl.
5. Pour yogurt and lemon juice over the strawberry melon mixture, allowing children to measure out the ingredients.
6. Gently, fold the yogurt into the strawberry-melon mixture.
7. Let children take turns folding the salad, being careful not to mash the fruit.
8. Serve directly after folding. The fruit salad can get a little watery if it sits out too long.