

# Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured fruit is **melons**



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

California 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.

## 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.

## 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 8 servings.** ½ cup per serving.  
**Prep time:** 15 minutes

### Ingredients:

- 3 cups seeded and chopped watermelon
  - ½ medium onion, chopped
  - ½ red bell pepper, chopped
  - 1 tablespoon seeded and chopped jalapeno pepper
  - 2 tablespoons chopped fresh cilantro
  - 2 tablespoons lime juice
  - 1 teaspoon vegetable oil
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.

## Let's Get Physical!

- Walk, skate, or ride bikes to local farmers' markets. Bring your own bags to carry your groceries.
- Take a dip — visit a local community pool and go for a swim.
- Be sun-safe. Wear sunscreen and a hat when outdoors.
- Stay hydrated on warm days by drinking lots of water.

For more ideas, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## 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%

## How Much Do I Need?

- A ½ cup of cantaloupe, casaba, or honeydew melon provides an excellent source\* of vitamin C.
- A ½ cup of cantaloupe also provides an excellent source\* of vitamin A.
- Melons are a good source\* of carotenoids, which are antioxidants that may lower your risk for some diseases by keeping your body safe from free radicals. Free radicals can damage cells.
- Other good sources of carotenoids are apricots, carrots, kale, peas, pink grapefruit, pumpkin, spinach, and tomatoes.

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Find out how much each person in your family needs. Then, make a plan to add a variety of colorful fruits and vegetables to meals and snacks to help your family reach their goals.

\*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

## Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

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