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Celebrate Our Summer Harvest

Watermelon & zucchini are in season!



In the late summer months they taste great and often cost less.

Cool off with watermelon!

- Make **Watermelon Salsa** for a tasty dip for veggies or as a topping for grilled meat. Or just serve as a salad! Recipe on back.
- Make a watermelon smoothie with bananas, kiwis or strawberries and a little milk, yogurt or apple juice. Or make a **Watermelon Cooler**.
- Freeze watermelon chunks to add to water.



So many ways to enjoy zucchini!

- Try the FoodHero.org **Zucchini Tomato Bake** recipe.
- Cut up and serve with your favorite dressing or dip.
- Add to a salad, pizza, enchiladas or chili.
- Add a handful of grated zucchini to bread, pancake or muffin batter.
- Broil or grill for a crunchy side dish.

Stay Connected



Kids Can...

- * help wash zucchini.
- * help choose a watermelon.
- * measure ingredients for a smoothie.



Watermelon Tips

Look. Choose firm fruit with an even shape that has no bruises, cuts or dents.

Lift. The watermelon should be heavy for its size.

Turn. Look for a creamy yellow spot where the watermelon was sitting on the ground, growing in the sun. This shows that the melon was ripening on the vine longer, and getting sweeter.

Store. Whole watermelons – 7 to 10 days in a cool dark place; cut watermelon should be refrigerated for up to 4 days.

Source: the National Watermelon Promotion Board

Monthly Food Hero Checklist

- Make Watermelon Salsa.
- Have kids help wash zucchini.
- Add zucchini to a meal.
- _____



FoodHero.org

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Watermelon Salsa



Ingredients

- 2 cups small cubes of **watermelon**
- 1/4 cup washed, chopped **green onions**
- 1/4 cup **red onion**, finely chopped
- 1 tablespoon **rice vinegar**
- 1 tablespoon chopped **cilantro**
- 1/4 teaspoon ground **cumin**

Serving Size: 1/2 cup
Prep time: 15 minutes



Directions

1. In a medium bowl, mix all of the ingredients.
2. Refrigerate leftovers within 2 hours.

Notes

1. Serve salsa with burritos, tacos, fish or grilled meat.
2. Try adding corn, chile peppers, or chopped avocado.
3. If you do not have vinegar, try lemon or lime juice.

Nutrition Facts

Serving Size 1/2 cup (90g)
Servings Per Container 4

Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 0g	
Vitamin A 6%	• Vitamin C 10%
Calcium 2%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more Recipes and Tips on eating well for less, visit www.foodhero.org

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