

## Did You Know...?

- ◆ There are more than 1200 varieties of watermelon that come in various weights, shapes and sizes.
- ◆ You can find watermelons that are red, orange, yellow and even white in color.
- ◆ Wild watermelons originated in southern Africa.
- ◆ Watermelons contain high levels of vitamin B6, vitamin A and potassium which improve brain power, eye sight and heart health. They also contain vitamin B1, vitamin C and manganese which protect against infections.
- ◆ The watermelon can be classed as both a fruit and a vegetable.
- ◆ Watermelon is 92% water.
- ◆ Early explorers used watermelons as canteens.



*Start watching for fresh watermelon at our local farmers' markets!*

## Fun Ways to Eat Watermelon With Your Family

- ◆ Serve sliced or chopped melons with yogurt.
- ◆ Slice and eat watermelon as a snack or side dish at meals.
- ◆ Freeze melon balls and enjoy as cold snacks on hot days.
- ◆ Blend frozen watermelon in a blender



## Crawford County Farmers' Market Schedule:

<b>Gays Mills</b>	Wednesdays @ 2–6pm
<b>Prairie Du Chien</b>	Saturdays @ 8am–1pm
<b>Ferryville</b>	Saturdays @ 9am–3pm
<b>Boscobel</b>	Saturdays @ 8am–Noon

## Recommended Daily Amounts of Fruits and Vegetables\*

Ages 5 - 12	Ages 13 and older
2 1/2 - 5 cups per day	3 1/2 - 6 1/2 cups per day

*\*If you are active, eat the higher number of cups per day.*

**Look for the Harvest of the Month display in your local grocery store, complete with recipe cards provided by Crossing Rivers Health!**



Every month, the AmeriCorps Farm to School program shares a “Harvest of the Month” presentation with students. They become familiar with different foods that are produced or grown in the area. They are also exposed to healthy, fresh foods and learn that it is fun to try new things. These foods will be incorporated into the lunchroom menu. For more information about this program please contact Jane Schaaf (jane.schaaf@ces.uwex.edu). Visit [www.driftlesswisconsin.org](http://www.driftlesswisconsin.org) for more information on local farms and foods. Funding for this newsletter was provided through a 3M community grant and Healthy Roots.

