

Did you know.....?

- On average, it takes about 10 to 15 bee visits for proper pollination to grow melons.
- Melons were first cultivated in Persia and northern Africa nearly 4,000 years ago, and later by ancient Greeks and Romans.
- A ½ cup of cantaloupe is an excellent source of vitamin C and vitamin A. A six-ounce serving provides 100 percent of the U.S. recommended daily allowance of each vitamin.
- Cantaloupe provides a rich source of beta-carotene.
- Melons are vine-like herb plants of the Cucurbit family that bear an accessory fruit known as a false berry. The fruit is actually called muskmelon because of its odor when ripe, but over the years this has been shortened to melon.
- There are many varieties of the “western shipping type” cantaloupe, but since consumers cannot differentiate between them, they are marketed under the general name as “cantaloupe.”



Shopping Tips

- Choose cantaloupes that are heavy for their size and have a sweet, fruity smell.
- Give the cantaloupe a gentle push with the thumb on the stem end of the melon. The melon should yield slightly to pressure.

Healthy Serving Ideas

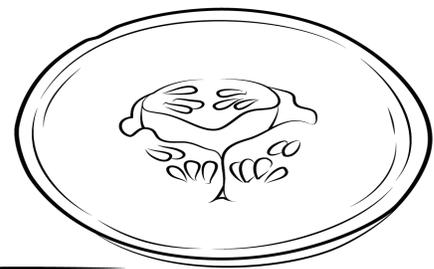
- Scoop fruit into melon balls
- Blend low-fat yogurt, chopped melon, frozen strawberries, and a banana. Pour into cups and serve.
- Simply slice and eat melons as a snack or side dish

Recommended Daily Amounts of Fruits*

Kids	Adults
1– 1 1/2 cups per day	1 1/2 - 2 cups per day

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

Color a Cantaloupe!



Look for the Harvest of the Month display in your local grocery complete with recipe cards provided by Crossing Rivers Health! This month's recipe is Summer Garden Fresh Cantaloupe Salsa!

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 Amy Mitchell (amy.mitchell@ces.uwex.edu) Visit 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.

