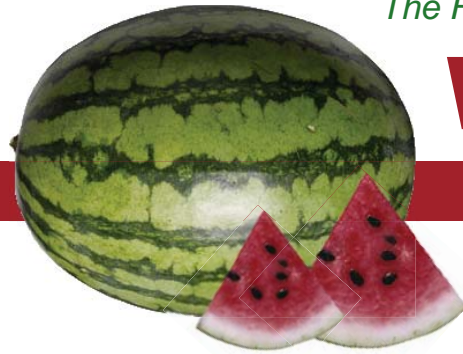


# FRESH from the FARM



The Fresh from the Farm featured fruit is

# Watermelon

for parents

## Healthy Kids Do Better in School

Farmers' markets in Minnesota are at their peak in August, but are still busy in September. These local markets provide a bounty of fresh fruits and vegetables at low prices. Eating a variety of colorful fruits and vegetables each day can provide your family with the nutrients they need to grow and develop healthy bodies and minds.

**Fresh From the Farm** can help you learn how to eat healthy and be physically active every day.

## Produce Tips

- Choose a flavorful watermelon by picking one with a deep color with fewer white streaks. If the melon has seeds, they should be dark in color.
- Look for a whole watermelon that is heavy for its size.
- One side of the melon should have an area that is a yellowish or creamy color. This is the part of the watermelon that was resting on the ground during ripening. If the fruit does not have this marking, it may have been harvested prematurely.
- Once cut, watermelons should be refrigerated in order to best preserve their freshness, taste and juiciness. If the whole watermelon does not fit in your refrigerator, cut it into pieces and cover with plastic wrap.

## Let's Get Physical

- Take advantage of the warm weather during fall in Minnesota.
- Watch the sun rise or set by taking a family walk on weekends.
- Walk, skate or ride bikes to local farmers' markets. Bring your own bags to carry your groceries.
- Consider organizing a walking or biking group for your child to get to and from school. Join with other parents to designate a safe route to school and trade off escorting the school group while the weather permits.
- Stay hydrated on warm days by drinking lots of water.

## Helping Your Child Eat Healthy

- Slice and eat watermelon as a snack or side dish at meals.
- Serve sliced or chopped melons with low fat yogurt.
- Pack a slice in your student's lunch bag.
- Freeze melon balls and enjoy as cold snacks on hot days.
- Add watermelon to meals to help maintain good vision and strengthen the immune system.
- Serve watermelons as dessert. They are sweet and juicy and full of vitamins your children need.



## How Much Do I Need?

A serving of watermelon is one cup cubed watermelon. Remind your child to eat a variety of colorful fruits and vegetables throughout the day to reach their total daily needs.

## Recommended Daily Amounts of Fruits and Vegetables\*

Ages 5 - 12	Ages 13 and older
2 ½ - 5 cups per day	3 ½ - 6 ½ 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.

Nutrition Facts	
Serving size	1 cup cubed (150g)
Amount per serving	
<b>Calories 48</b>	Calories from Fat 1g
<b>% Daily Value</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 2mg</b>	<b>0%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 2g	9%
Sugars 10g	
<b>Protein 0g</b>	
Vitamin A 18%	Calcium 2%
Vitamin C 24%	Iron 2%
Source: <a href="http://www.nutritiondata.com">www.nutritiondata.com</a>	

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## Recipe: ICY FRUIT POPS

### Ingredients (makes 4 pops):

- 2 cups watermelon, cubed
- 1 cup 100% orange juice
- 4 (8-ounce) paper cups
- 4 plastic spoons (or craft sticks)

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*  
For more recipes, visit: [www.whfoods.com](http://www.whfoods.com)

- Combine melons and orange juice in blender. Blend until smooth.
- Pour into paper cups.
- Freeze until thick and slushy (about one hour). Insert spoon, handle up, into cup.
- Freeze until solid (at least two hours).
- To eat, remove from freezer and let sit 10 minutes.
- Peel paper cup off and enjoy!

