

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

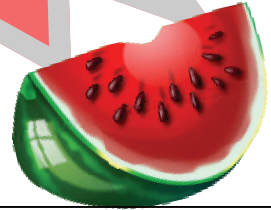
## Watermelon

You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce Of the Week



What fruit is made up of 92% water?

### Watermelon!

How to pick a watermelon:

- ⇒ Look for a firm, evenly-rounded melon with no bruises, dents, or cuts
- ⇒ The watermelon should be heavy for its size
- ⇒ A pale or buttery spot on one side is a good sign; it is where it sat on the ground to ripen in the sun!

Store whole watermelon at room temperature & cut melon in the refrigerator; use within 5 days.

### Nutrition Facts:

- ◆ **One cup of diced watermelon is one serving**
- ◆ **One serving contains about 40 calories**
- ◆ **an excellent source of vitamin A and vitamin C!**

### Did you know?

The watermelon is a “cousin” to cucumber, pumpkin and squash.

Watermelon is the most consumed melon in the US.

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 7



Day 2



Day 4



Day 6



# Try these delicious, nutritious and healthy recipes!

## Watermelon Salsa

### INGREDIENTS

- 2 cups seeded and coarsely chopped watermelon
- 2 tablespoons chopped onion
- 3 tablespoons seeded, chopped chili pepper
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon garlic salt



### DIRECTIONS

In a serving bowl, mix together the watermelon, onion, and chili pepper. Season with balsamic vinegar and garlic salt. Cover and refrigerate for at least one hour to blend flavors.

**Simple ways to enjoy watermelon:** Watermelon is most easily enjoyed cut fresh from the melon!

For more information and ideas, go to: [www.watermelon.org](http://www.watermelon.org)



## Arugula and Watermelon Salad

### INGREDIENTS

- |  |                                 |
|--|---------------------------------|
| 2 (5 ounce) packages arugula           | 1 cup crumbled feta cheese      |
| 1/2 large watermelon, seeded and cubed | 1 1/2 cups balsamic vinaigrette |
| 1 red onion, sliced                    |                                 |

### DIRECTIONS

Toss the arugula, watermelon, red onion, and feta cheese with the balsamic vinaigrette in a large bowl. Serve cold.

Recipes modified from [morematters.org](http://morematters.org) & [allrecipes.com](http://allrecipes.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**