

# HARVEST OF THE MONTH: MELONS



## NUTRITION FUN FACTS:

- Just 1/2 cup of cantaloupe or honeydew melon is an excellent source of vitamin C. Cantaloupe is also an excellent source of vitamin A.
- Melons are a good source of carotenoids, which are antioxidants that lower your risk for some diseases.

## Fun snack ideas!

### HOW TO EAT MELONS:

1. Make a fruit salad! Melons are a great way to bulk up any bowl of mixed fruit.
2. Top lowfat yogurt or cottage cheese with melon for a snack or breakfast!
3. Freeze melon chunks or balls for a cold snack on a hot day.
4. Slice melons for a fun handheld snack or side.

## Pick the yummiest!

### THINGS TO LOOK FOR:

1. Choose cantaloupes that smell sweet and fragrant and have a soft dent on the stem.
2. Honeydews should sound hollow when tapped.
3. All melons should feel heavy for their size.
4. Store whole melons on the counter, then cut up and refrigerate.

## BEST TIME TO EAT:

JULY - AUGUST



UNC Center for Health Promotion and Disease Prevention

# RECIPE: CANTALOUPE COOLER

## DIRECTIONS

1. Cut melon in half.
2. Scoop out seeds, remove rind, and discard.
3. Cut melon into 1-inch cubes.
4. In a blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
5. Pour puree into a pitcher and stir in the remaining orange juice and the sugar. Stir until the sugar is dissolved.
6. Pour into glasses filled with crushed ice.

## INGREDIENTS

Makes 8 servings:

- 1 ripe cantaloupe
- 2 1/2 cups cold orange juice
- 2 tablespoons granulated sugar
- Crushed ice

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/CANTALOUPE-COOLER](https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cantaloupe-cooler)

## ACTIVITY: MAD ABOUT MELONS

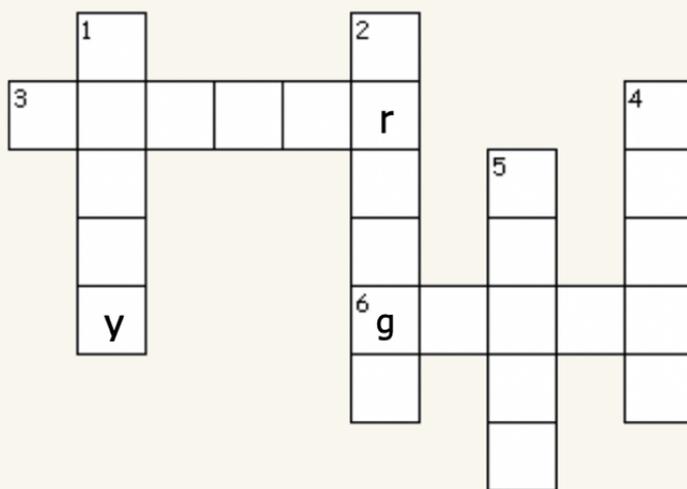
Can you solve this crossword that's all about melons? Try it out and check your answers below!

### Across

3. Melons grow in this season
6. Some melons are this color

### Down

1. When you bite into a melon
2. Other melons are this color
4. Melons are this shape
5. Flavor of melons



Created by [Puzzlemaker](#) at [DiscoveryEducation.com](#)

Across: 3. summer, 6. green  
Down: 1. juicy, 2. orange, 4. round, 5. sweet