

FRUIT/VEGETABLE OF THE MONTH!

JULY'S FEATURED FRUIT IS THE WATERMELON

WATERMELON FACTS:

Watermelon is a delicious and refreshing fruit, especially popular during the summer. **July is National Watermelon Month.**

Watermelon is made up of **92% water**, hence the name. A watermelon is classified as **both a fruit and a vegetable**. It is a relative of pumpkins and cucumbers.

The **first** watermelon ever grown was in Egypt approximately **5000 years ago**. Watermelons were placed in burial tombs in ancient Egypt.

Watermelon is **grown in 96 countries**. Today, China is the leading producer of watermelons. The **U.S.** is the **5th largest producer** globally. The watermelon is the most consumed melon in the United States.

HEALTH BENEFITS OF EATING WATERMELON:

- It helps you hydrate and can improve digestion
- It contains compounds that may help prevent cancer
- May improve heart health by lowering blood pressure and cholesterol levels.
- May lower inflammation
- May benefit brain health
- Reduces the severity and frequency of asthma attacks
- It helps you lose weight
- It may help keep the eyes healthy and prevent macular degeneration
- Reduces the risk of developing periodontal disease
- Good for skin and hair

MORE WATERMELON FACTS:

Chinese offer it as a gift to a hostess. In Egypt and Israel it is common for watermelon to be served with feta cheese.

The Japanese grow square watermelon by placing square glass boxes around a growing fruit so it becomes square as it grows.

Watermelon has only about **40 calories** per cup. It does not contain any bad fat or cholesterol.



WAYS TO ENJOY WATERMELON:

- Spice it up
- Juice it
- Serve it with prosciutto
- Add it to Ceviche
- Turn it into a salad
- Grill it
- Pickle it
- Make it into freezer pops
- Turn it into flavored water
- Blend it
- Cut and enjoy

RECIPE: WATERMELON STRAWBERRY SHAKE

Total time: 5 min Servings: 4

Ingredients

- 8 ounces any nonfat yogurt
- 2 cups cubed, seeded watermelon
- 1 pint fresh strawberries, cleaned and hulled
- 1 medium banana, peeled and sliced

Directions:

In a blender or food processor, process yogurt, watermelon, strawberries, and banana until smooth and frothy.

Serve immediately.

