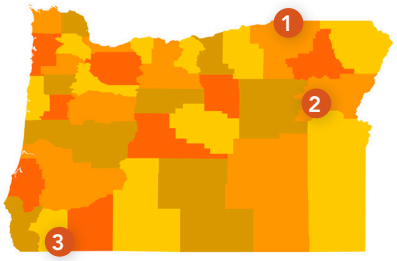
Family Newsletter



Grown In Oregon

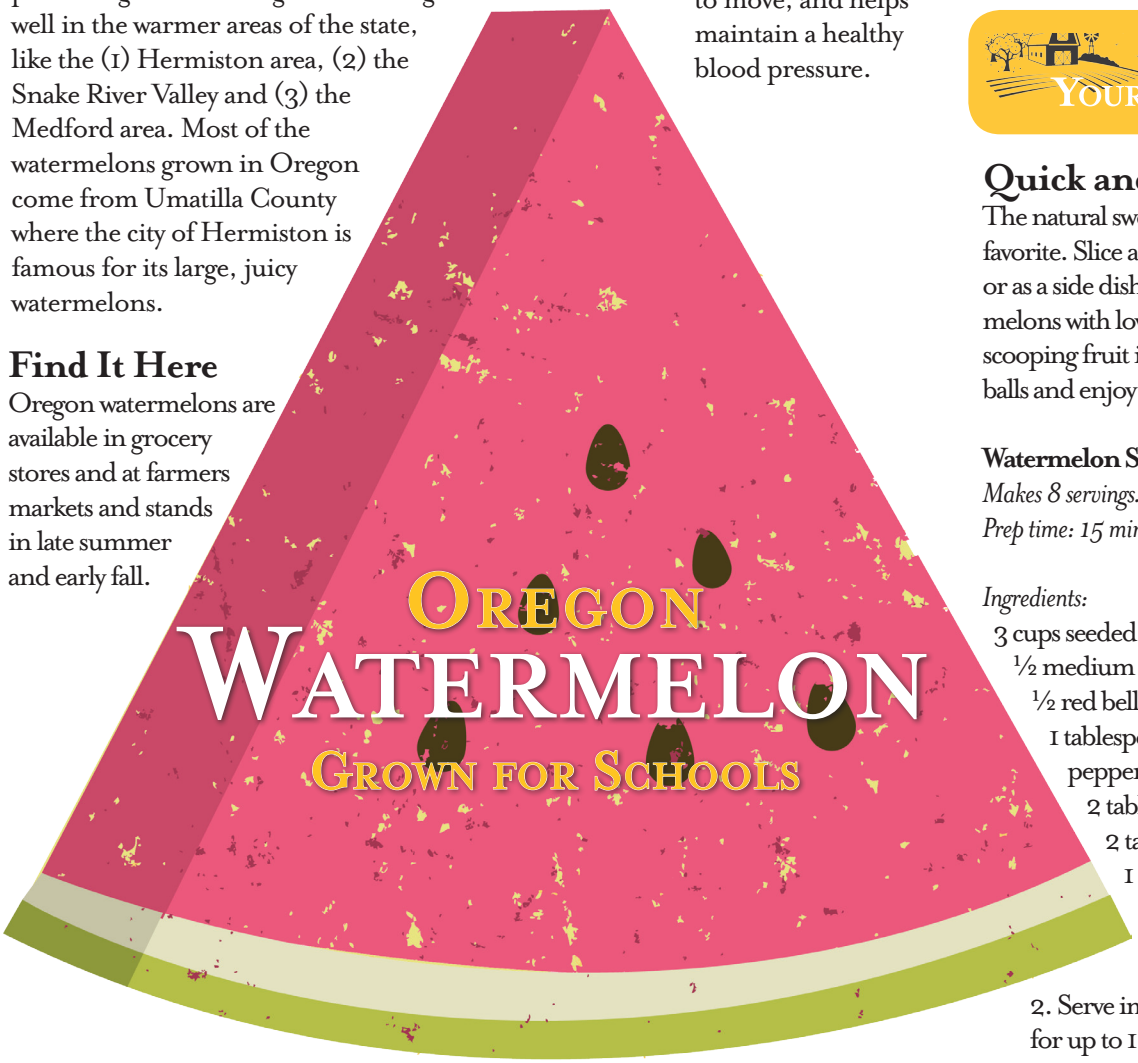
Watermelon ranks number 26 of all products grown in Oregon. Melons grow well in the warmer areas of the state, like the (1) Hermiston area, (2) the Snake River Valley and (3) the Medford area. Most of the watermelons grown in Oregon come from Umatilla County where the city of Hermiston is famous for its large, juicy watermelons.

Find It Here

Oregon watermelons are available in grocery stores and at farmers markets and stands in late summer and early fall.

Nutrients found in Watermelon

~ Vitamin A
~ Vitamin C
~ Lycopene, an antioxidant that helps reduce the risks of cancer and other diseases
~ Potassium, which helps the brain tell muscles when to move, and helps maintain a healthy blood pressure.



Healthy, Fit and Ready to Learn

Almost everyone needs to eat more fruits and vegetables. Fruits and vegetables are critical to promoting good health. When you eat fruits and vegetables, you show by example. Let your child see that you like to munch on fruits and vegetables. Say things like "Wow, that tastes good!"

Your Oregon Kitchen

Quick and Easy

The natural sweetness of watermelon makes it a favorite. Slice and eat melons as a refreshing snack or as a side dish at meals. Serve sliced or chopped melons with lowfat yogurt or cottage cheese. Try scooping fruit into melon balls. Freeze melon balls and enjoy as cold snacks on hot days.

Watermelon Salsa

Makes 8 servings. ½ cup per serving.
Prep time: 15 minutes

Ingredients:

3 cups seeded and chopped watermelon
½ medium onion, chopped
½ red bell pepper, chopped
1 tablespoon seeded and chopped jalapeno pepper
2 tablespoons chopped fresh cilantro
2 tablespoons lime juice
1 teaspoon vegetable oil

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition information per serving: Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

Recommended Daily Amounts of Fruits and Vegetables

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ -6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

OREGON HARVEST for SCHOOLS

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at **www.ode.state.or.us/services/nutrition** Look for Oregon Farm To School and School Garden Program under Associated Topics.

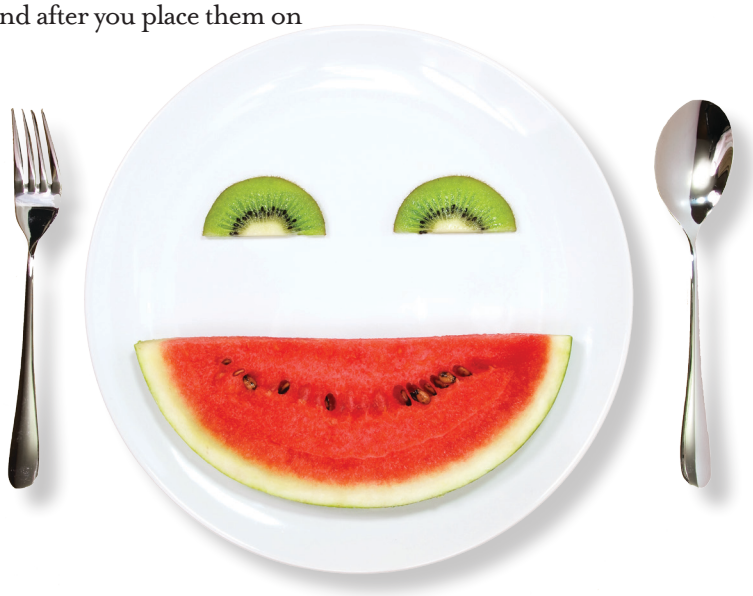
Just for Kids

Get moving!

■ Traveling by foot is a fun, easy and affordable way to get moving and get outside. From a walk around the block to a mountain hike - there are a lot of new places to explore. ■ Activities like hiking and walking have been shown to improve cardiovascular health and build stronger bones. ■ Stay healthy by making physical activity a part of your family's routine. ■ Find forests and parks near you at **discovertheforest.org/where-to-go**

Paper Plate Watermelon Craft Cut a paper plate in half. Let your child color the flat part of the plate red or pink. Color the curved part green. Paint or color little black seeds on the red or pink part of the plate. Count the seeds as you go and after you place them on your fruit.

Comparison Activity Cut open a seeded and a seedless watermelon. How are they alike and how are they different? How many seeds in each one? What color are the seeds? What color is the flesh? Do they taste the same?



Produce Pointers

■ Select watermelons that feel heavy for their size. Turn it over. The underside should have a creamy yellow spot from where it sat on the ground and ripened in the sun. ■ Store ripe, whole melons at room temperature. ■ Wash watermelon with soap and water before cutting. ■ Refrigerate cut melons in sealed containers. Use within three days.