Find the Words:
- melon, honeydew
cantaloupe, crenshaw
casaba, watermelon

E A C U I C Q W N M
O P Q A M M E E O E
M W U V S D Z V L L
V D Q O Y A K V E O
K D C E L O B Z M N
R Z N P E A G A R Z
O O Q B K D T P E H
H J N S I O I N T Q
C R E N S H A W A A
F F L H N K Y W W C

DECODE THE SECRET PHRASE!

Use the numbers of the letters of the alphabet above,
to decode the sentence below,

Across
4. Cucumber in Spanish
6. End rhymes with “Jaw”
7. Starts with “house” in Spanish

Down
1. Green outside, red inside
2. Bees make the first part
3. Another name for Iranian
5. He brings gifts
6. Starts with the word for an aluminum container

(There is help on the other side of the sheet)

Solve the Melon Varieties Cris Cross Puzzle

FRACTIONS: label each melon with its corresponding fraction

How many times can you find the word MELONS?_____
Melon History
Many melons originated in the Middle East and gradually spread its popularity across Europe. Ancient Egyptians and Romans enjoyed cantaloupes or muskmelons. Melon seeds were transported to the Americas by Columbus and eventually cultivated by Spanish explorers in California.

How to choose a perfect cantaloupe?
Look for large, cream-colored ridges; no bruises; a smooth and well-rounded stem and that yields to pressure and a sweet, musky aroma.

How to store cantaloupes?
Refrigerate ripe and whole, do not freeze. If cut, refrigerate with seeds. Wrap cut melon tightly in plastic.

Melon Health Benefits
A good source of potassium and vitamin C. They have high water content are relatively low in calories, and also fat and cholesterol free.

Melon Varieties and Cultivars
Cantaloupe, Casaba, Crenshaw, Honeydew, Juana Canary, Orange-flesh, Honeydew, Papino, Persian, Santa Claus, Seedless and seeded Watermelon, Yellow-flesh Watermelon and many others.

Time to Start Thinking of Your Holiday Budget
The kids are back to school and what comes next?... Yes, the HOLIDAYS!! Stores are already putting out the decorations to get your dollars as soon as possible. Here are a few tips to get you through and hopefully have money in your pocket in January.

1. Make a Budget and Stick to It
The best starting point to determine what you can afford this holiday season is to review what you spent last year. Some financial planners recommend spending no more than 1.5% of your annual income ($450 per $30,000 of annual income). Be honest and thorough. Remove expenses such as holiday cards, postage, gifts, food, travel, and even special occasion clothing. Purchases such as teacher gifts, children’s parties, portrait sitting with Santa, entertainment for kids while school is out, babysitting and extra child care expenses and decorations should be included as well.

2. Get Creative
Save money this year by getting creative. Store-bought gifts are great, but when you make a gift for someone they truly appreciate your time and effort. Make it a fun family event by getting your kids involved.

3. Join Together
Instead of spending on each other this year, join together with family members to help those who may be less fortunate. This is a great way to teach your kids about giving back to the community and the meaning of the Holidays.

4. Travel Wisely
If you plan on traveling, take some time to determine how much it will cost you. Explore all of your options. It is usually better to book early during the holidays and get the insurance just in case.

5. Avoid the Holiday Hangover
Holidays are a wonderful time to entertain and have fun with friends and family. A little planning and budgeting will help you avoid financial headaches.

Theresa M. Spezzano, Nutrition, Family, Consumer Sciences Advisor, University of California Cooperative Extension

Try @Home
Two tasty and refreshing recipes with cantaloupes

Cantaloupe Bowl

Ingredients:
1 Cantaloupe
1 cup Green grapes
1 Banana
1 cup Raspberries
1 cup Low fat yogurt
1/4 cup of Almonds
Honey

Peel the cantaloupe and slice into 2 equal bowl-like pieces. Scoop the center of the fruit using a small spoon. Slice the banana and arrange together with the grapes and red berries in the center of the cantaloupe. Top with some yogurt, roasted almonds and honey.

Cantaloupe Ice Popsicles

Ingredients:
1 small Cantaloupe
1/3 cup Honey
1 tsp. Fresh mint leaves
1 Lemon

Cut the cantaloupe in half, remove the seeds and peel. Pare the flesh in a food processor together with the honey. Add the finely chopped mint leaves. Squeeze the lemon and add its juice to taste. Pour the mixture into the popsicle molds and leave in the freezer for 1 hour or until they begin to set. Arrange the popsicle sticks in the middle and put back in the refrigerator until completely frozen. Alternatively, you can add some low-fat yogurt or milk to the mixture for a more creamy texture.

Source: DIYourself.com