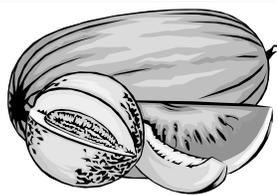


Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

Local Season-
July thru
September



MELONS

Melons, squashes, and cucumbers are members of the gourd family; they all grow on vines. Most melons originated in the Near East. Melons are a very nutritious and varieties are now numerous.

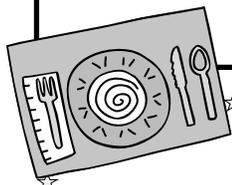
Nutrition Benefits

Melons are:

- ◆ Low in calories
- ◆ Fat or cholesterol-free
- ◆ Low in sodium
- ◆ Good source of vitamin A
- ◆ Good source of vitamin C
- ◆ Good source of potassium

Serving Tips

- ◆ The flavor can be enhanced by a squeeze of lemon or lime juice or a little chopped mint.
- ◆ Serve melons slightly chilled; if they are too cold, you'll miss their full fragrance. The one exception is watermelon.
- ◆ For a decorative dessert, use a melon baller to scoop out different varieties of melon.



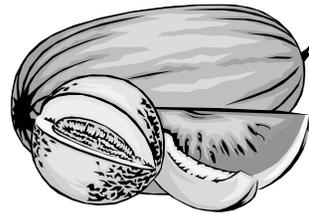
Tips to Prevent Food-borne Illness

- ★ ● Teach children to wash their hands with warm water for at least 20 seconds, before mealtime and after using the bathroom.
- ★ ● Make sure to disinfect any surfaces and countertops with the recommended bleach solution (1 tablespoon bleach to 1 quart water).
- ★ ● Use paper towels when possible to clean kitchen surfaces to prevent bacterial growth on cloth towels.
- ★ ● Wash the lids of canned foods before opening to keep dirt from getting into the food.
- ★ ● Always wash fruits and veggies under running water before cutting and eating.
- ★ ● Refrigerate all perishable foods within 2 hours of cooking.

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

MELONS



Locally Grown Types

Cantaloupe, Muskmelon, Crenshaw, Persian, Casaba, Honeydew, and Watermelon

Shopping Tips

- ✓ Melons should be free of cracks, dark bruises, or soft spots.
- ✓ Select a melon that is fragrant as it is a clue to its ripeness.
- ✓ A ripe melon will be firm. A slight softness is a good sign, but it should not be spongy.
- ✓ Thumping and shaking is not an accurate indicator.
- ✓ Look for a clean, smooth break at the stem.



Handling and Storage

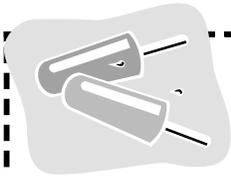
- ◆ Melons are very perishable, bruise easily, and spoil at room temperature.
- ◆ Melons should be stored in the refrigerator until ready to use.
- ◆ Ripe melons are very fragrant, and the aroma of a cut melon can penetrate and effect other foods.

Preparation

- ◆ Simply cut the oval and round melon open and remove the seeds and strings. It can be served in many attractive ways: cut into halves, quarters, wedges, or cubes; or the flesh can be scooped out with a melon baller.
- ◆ For melon rings, cut melons into thick cross-wise slices, scrape out the seeds, and remove rind. Place the melon ring on a plate and fill the center with cottage cheese or salad.
- ◆ Use a large heavy knife to cut a whole watermelon into thick slices or wedges. Remove the flesh with a melon baller.
- ◆ Because of their high water content, melons are not a good candidate for canning or freezing.
- ◆ Drying melons is not recommended.

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers



CANTALOUPE ICE POPS

(12 SERVINGS)

INGREDIENTS:

- | | |
|---------------------------|--------------------------------|
| 4 cup cubed cantaloupe | 1/2 teaspoon grated lemon peel |
| 1/4 cup sugar | 12 small paper cups |
| 2 tablespoons lemon juice | 12 plastic spoons |
| 1 tablespoon chopped mint | |

DIRECTIONS:

1. In a blender or food processor, combine the cantaloupe, sugar, lemon juice, mint, and lemon peel; cover and blend until smooth.
2. Pour 1/4 cup into each paper cup.
3. Freeze until thick and slushy, about 1 hour.
4. Insert one spoon, handle up, into each cup of frozen mixture.
5. Freeze until solid, at least 2 hours.
6. Peel paper cup off each treat and enjoy!

TROPICAL KIWIFRUIT SALAD

(4 SERVINGS)

INGREDIENTS FOR SALAD:

- 6 kiwifruit
- 1 papaya, peeled, quartered, and seeded
- 12 watermelon triangles, 1/4" thick
- 4 mint sprigs, optional

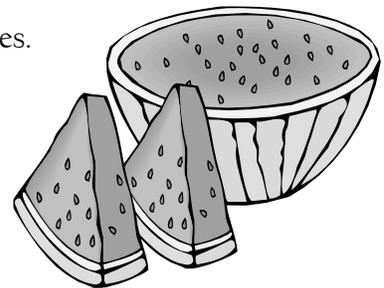
INGREDIENTS FOR

LIME AND MINT DRESSING:

- 1/4 cup lime juice
- 3 tablespoons honey
- 1 tablespoon chopped fresh mint

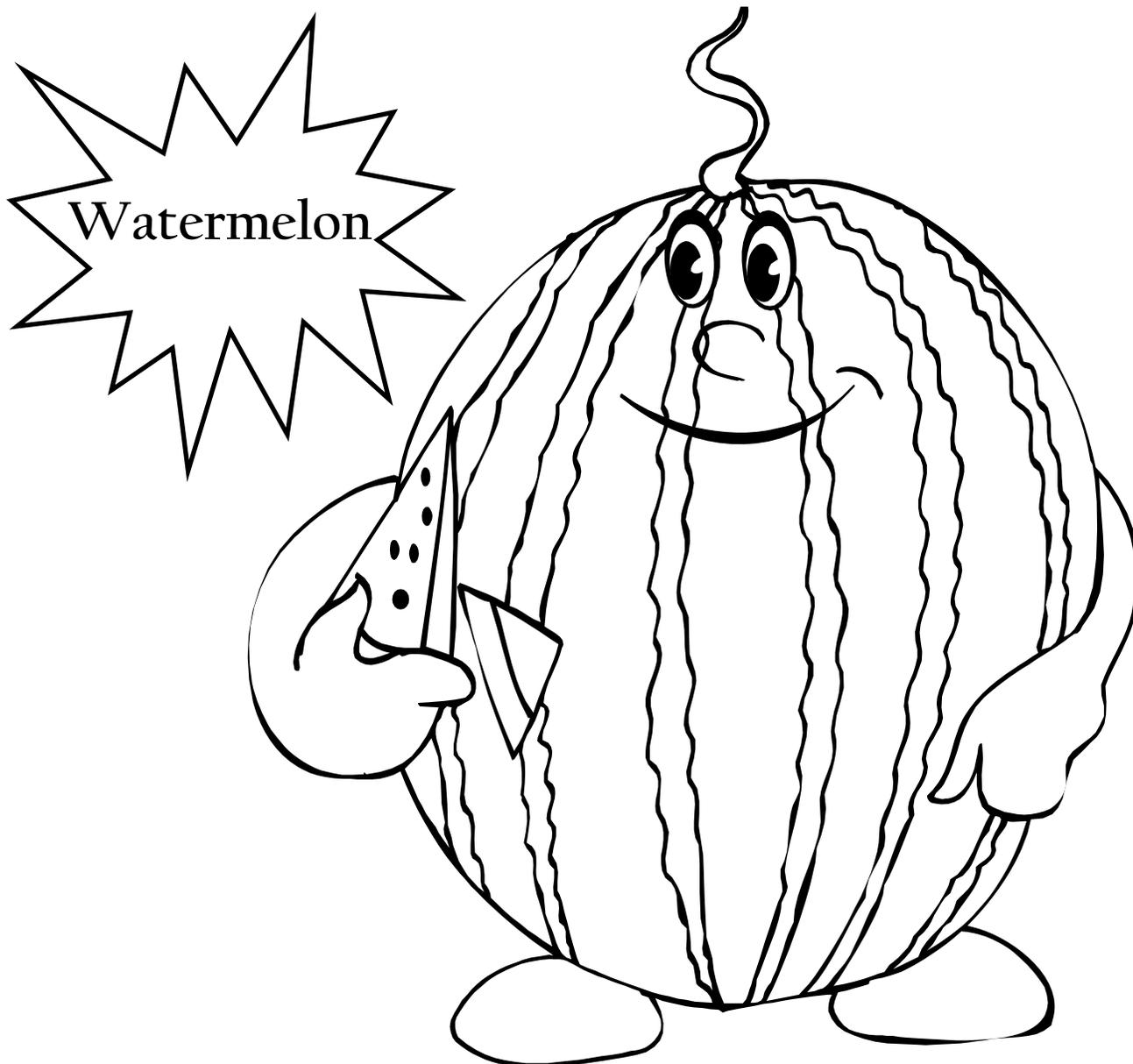
DIRECTIONS:

1. Peel kiwifruit and slice into 1/4 inch thick rounds.
2. Slice papaya lengthwise into 1/4 inch slices.
3. Arrange kiwifruit, papaya, and watermelon on four salad plates.
4. Whisk together dressing ingredients until well combined.
5. Drizzle dressing over fruit.
6. Garnish with mint sprigs.



Reasons for the Seasons

Coloring Activity Page for Kids



Nutrition BEST and Let's Eat Healthy! Programs
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