



Georgia Farm to Early Care and Education

HARVEST OF THE MONTH: WATERMELON



Watermelon Fun Facts

- * Wild watermelons originated in southern Africa.
- * The watermelon can be classed as both a fruit and a vegetable.
- * It is a fruit because it grows from seed.
- * It is a vegetable because it is a member of the same family as cucumber, pumpkin, and squash.
- * By weight, a watermelon contains 92% water.
- * Watermelons keep us hydrated, our skin fresh, and can clean the kidneys of toxins.
- * They contain high levels of vitamin B6 which increases brain power, vitamin A for good eye sight.
- * All parts of the watermelon can be eaten, even the rind.
- * Watermelons are Georgia's number one produce crop with over 40,000 acres in production.
- * Most watermelons grown in Georgia grow primarily in and around Cordele in Crisp County.
- * Watermelons are in season from June-August. Check out the many watermelon farms in Georgia. Go to the Georgia Grown website:

<https://www.georgiagrown.com/find/fruits-vegetables/watermelons>



Watermelon Salad

- 4 cups seedless watermelon (cubed)
- 2 cups cucumbers (sliced into half moons)
- 1/4 cup red onion (thinly sliced)
- 1/3 cup crumbled feta
- 3 tablespoons honey
- 3 tablespoons fresh lime juice

Mix all ingredients together and enjoy.

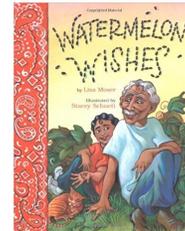
Go to the Watermelon Board for more info: <https://www.watermelon.org>

Reading Corner

Watermelon Wishes by Lisa Moser

When Grandpap teaches Charlie how to plant watermelon seeds in the spring, Charlie hopes they'll grow a "Wishing Watermelon." Grandpap has never heard of such a thing, and when he asks Charlie what he would wish for, Charlie won't tell. Through a whole summer of biking, fishing, basketball, and waiting for watermelons together, Grandpap tries to guess his grandson's harvest wish.

Lush, vivid paintings evoke the friendship, teamwork, and affection between grandfather and grandson as they share their wisdom and this special summer together.



Crazy Cutouts Fun Activity

All you need are your favorite cookie cutters and one watermelon! Cut 1/2 inch thick watermelon slices. Use your cookie cutters to make fabulous shapes like: dinosaurs, bears, letters, and more!



Watermelon Roll

Have 2 people work together to roll a watermelon across an area outside using only one hand. Wash the watermelon, cut open, and have some as a snack when done! If you have a large group, this could be done as a race to see who gets their watermelon to the finish line first.