

FRESH FOCUS



FFVP Newsletter | SY 2020-2021 Issue 10 | June 2021

Inside this *Melons* Issue:



Let's Learn!

Weekly fun facts and activities



#FreshIdeas

Fresh recipe ideas for the whole family



Know Your Nutrients

Learn the basics about Vitamin C



Produce of the Month

Featured fruit or vegetable



Choose a Challenge

Take your pick, then post a pic!

Celebrate!

June

National Fresh Fruit and Vegetable Month
National Dairy Month
National Great Outdoors Month
4th - Cheese day
6th - D-Day
8th - World's Ocean Day (Sustainable Seafood)
19th - Juneteenth
20th - Summer Solstice
20th - Father's Day
21st - Arizona Day

July

National Picnic Month
National Ice Cream Month
National Grilling Month
National Blueberry Month
3rd - Eat your Beans Day
4th - Independence Day
14th - National Mac and Cheese Day
23rd - Vanilla Ice Cream Day
25th - Parent's Day
31st - Avocado Day

August

National Back to School Month
National Sandwich Month
National Wellness Month
1st - Friendship Day
4th - Chocolate Chip Cookie Day
11th - Son's and Daughter's Day
18th - Fajita Day
19th - Lemon Juice Day
31st - Trail Mix Day



FFVP Newsletter | SY 2020-2021 Issue 10 | June 2021
This institution is an equal opportunity provider.





FRESH FOCUS

Let's Learn!

Weekly fun facts and activities to help you learn about fruits and vegetables!

Week 1



Fun Fact: They are called watermelon for a reason. Watermelon are 92 percent water, making them a perfect refresher in the hot summers in Arizona.

Activity: Cut watermelon using dental floss.

Bonus! Create a watermelon slush by blending watermelon and ice together. Try it. How does it taste?

Week 2



Fun Fact: Arizona is the second largest producer of cantaloupes in the United States.

Activity: Grow your own Cantaloupe at home.
<https://www.wikihow.com/Grow-Cantaloupe>

Bonus! Cut cantaloupe into slices to resemble a smiley face. Take a picture of your smiley face using the cantaloupe.

Week 3



Fun Fact: Honeydew are known to be the sweetest of all melons.

Activity: Pick out honeydew the next time you visit your local grocery store or farmers market.

Bonus! Try a honeydew with lime or lemon. How does it taste?

Week 4



Fun Fact: Santa Claus Melon is available in the Northern Hemisphere, grown in California and Arizona. During the winter, Santa Claus Melons are imported from South America.

Activity: Take a picture of your Santa Claus Melon and post it on social media.

Bonus! Compare the taste of Santa Claus Melon with other melons. Does it taste similar to watermelon or cantaloupe?



FRESH
FRUIT &
VEGETABLE
PROGRAM

FFVP Newsletter | SY 2020-2021 Issue 10 | June 2021

This institution is an equal opportunity provider.





FRESH FOCUS

#FreshIdeas

Recipe ideas that feature fresh fruits and vegetables



Watermelon Lime Slush



Cantaloupe Salsa



Strawberry and
Cantaloupe Melon
Smoothie



Know Your Nutrients!

Vitamin C

Vitamin C is part of the water soluble vitamin family. Vitamin C is important for keeping body tissues, such as gums, bones, and blood vessels in good shape. It also helps your body fight infection. You can't always avoid getting sick, but Vitamin C makes it a little more difficult for your body to become infected with an illness. Sources of foods high in Vitamin C are oranges, strawberries, tomatoes, broccoli and melons (like cantaloupe and watermelon).





FRESH FOCUS

Produce of the Month: *Watermelon*

Selection:

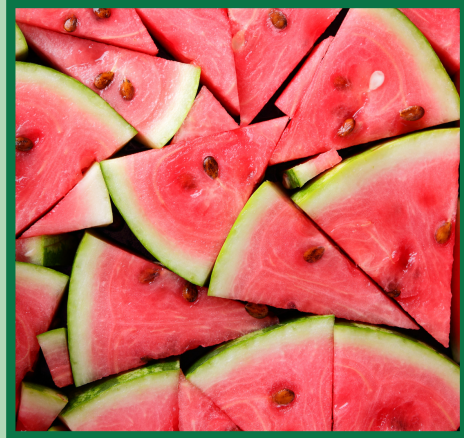
You are looking for a firm watermelon that is free from bruises, cuts, and dents. When you lift it up, the watermelon should be very heavy for its size.

Storage:

The whole watermelon can be stored at room temperature. Cut pieces can be stored in an airtight container in the refrigerator and use within 5 days.

Nutritional Benefits:

Watermelon is a good source of Vitamins A and C. They can help improve heart health, is good for your skin and hair, and can help keep you hydrated.



Choose a Challenge:

Make a fruit kebab and include some items from page 2



or

Make a smoothie using watermelon



FRESH
FRUIT &
VEGETABLE
PROGRAM