

October Fruit- Melon!

Fun Facts!

- Some types of melons include watermelon, cantaloupe, and honeydew
- All melons grow on a vine
- There are many nutrients in melons like vitamins A, C, and some B vitamins as well as minerals like iron and phosphorus
- Melons are in the “gourd” family along with squash and cucumber
- Watermelons are about 92% water
- Once a cantaloupe is picked, it will not ripen any more



Watermelon Salad Recipe

For the salad:

- 5 cups cubed watermelon
- 1 cup English cucumber
- ¼ cup sliced red onion
- ⅓ cup crumbled feta cheese
- 1 avocado, cubed
- ⅓ cup torn mint or basil
- ½ jalapeno thinly sliced
- Salt to taste

For the dressing:

- 2 tablespoons olive oil
- 3 tablespoons lime juice
- ½ garlic clove, minced
- ⅓ teaspoon salt

Mix salad together and top with dressing, enjoy!



There are many more types of melons but a few familiar (pictured above) are watermelon and cantaloupe!