

Harvest of the Month

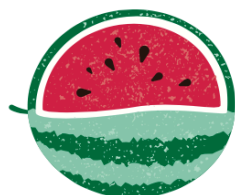


August: Watermelon



Gulf Shores City Schools

is proud to serve
Sweet Grown Alabama
WATERMELONS



Healthy Nutrition Facts:

- Watermelons are 92% water! With each delicious bite you're staying hydrated, too!
- Each bite of watermelon has lots of vitamins A, B6, and C, plus other antioxidants and nutrients to keep your body healthy!
- Watermelon contains lycopene, which helps your stavs stav healthy!

Watermelon Fruit Pizza

Ingredients:

Watermelon
Plum
Cherry
Grapes
Kiwi
Coconut

Instructions:

Cut the watermelon into pizza type slices
Same with the other fruit
The watermelon is the crust
Layer the plum as "Onion"
The grapes as "Green Olives"
The cherries as "Black Olives"
The kiwi as "Pepperoni"
The shredded coconut as "Cheese"
Serve and enjoy!

Berry Watermelon Fruit Salad

Ingredients:

4 cups watermelon cubed
1 pint strawberries hulled and quartered
1 pint blueberries
1 pint raspberries
1 pint cherries pitted and halves
1/2 pint blackberries
squeeze of fresh lime juice

Instructions:

Cut all of the fruit into similar bite-sized pieces.
Add to a large mixing bowl, and gently toss together.
Top with a squeeze of fresh lime juice, to taste.
Serve chilled. Enjoy!!



Fun Snack Ideas!

- Toss it in a fruit salad!
Watermelon is the perfect fruit to add to any fruit salad for bulk, color, and sweetness.
- By the wedge!
Watermelon makes a great snack or side, and the rind makes it easy to hold and enjoy!

