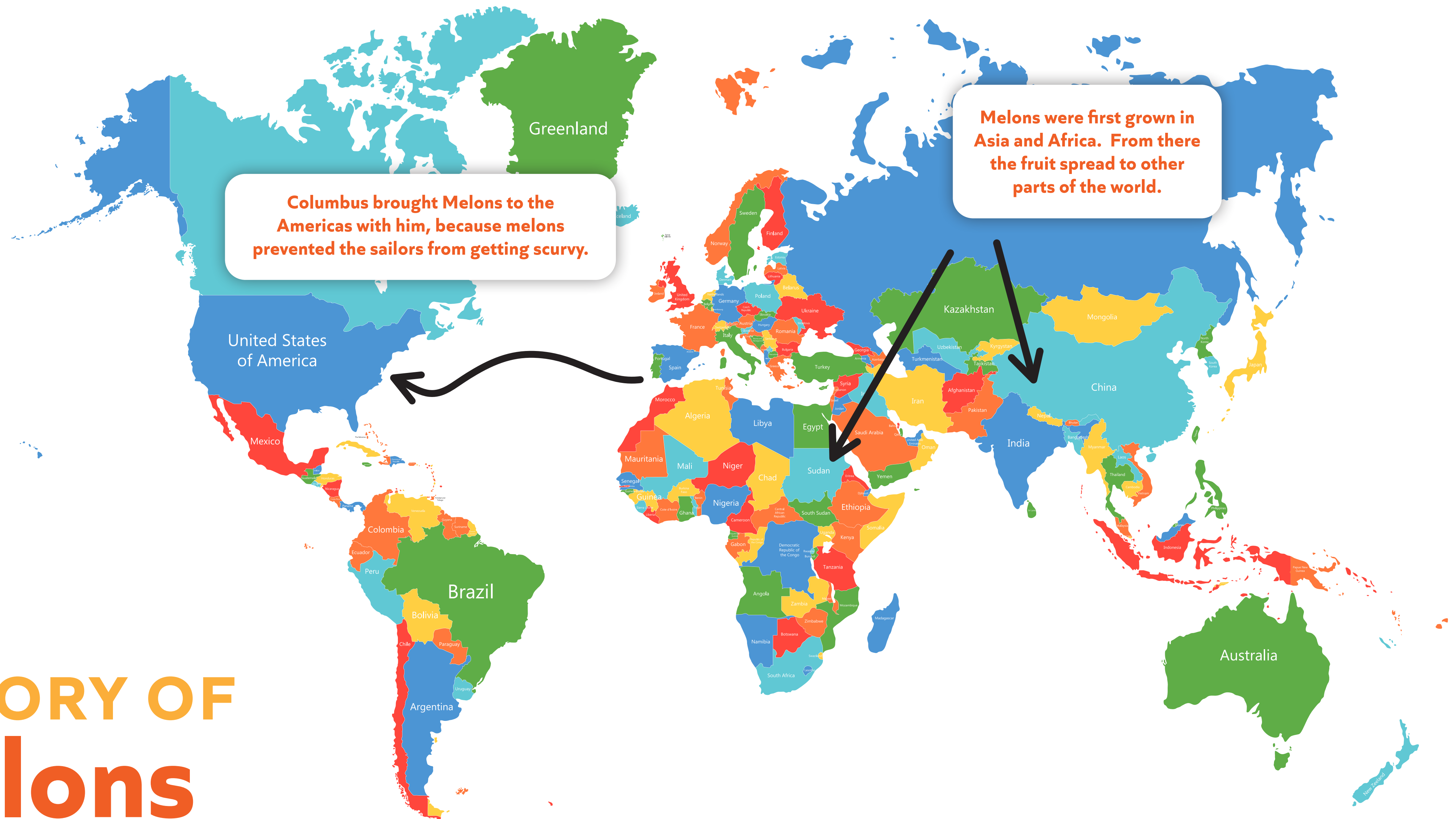


HARVEST OF THE MONTH:

Melons



HISTORY OF Melons

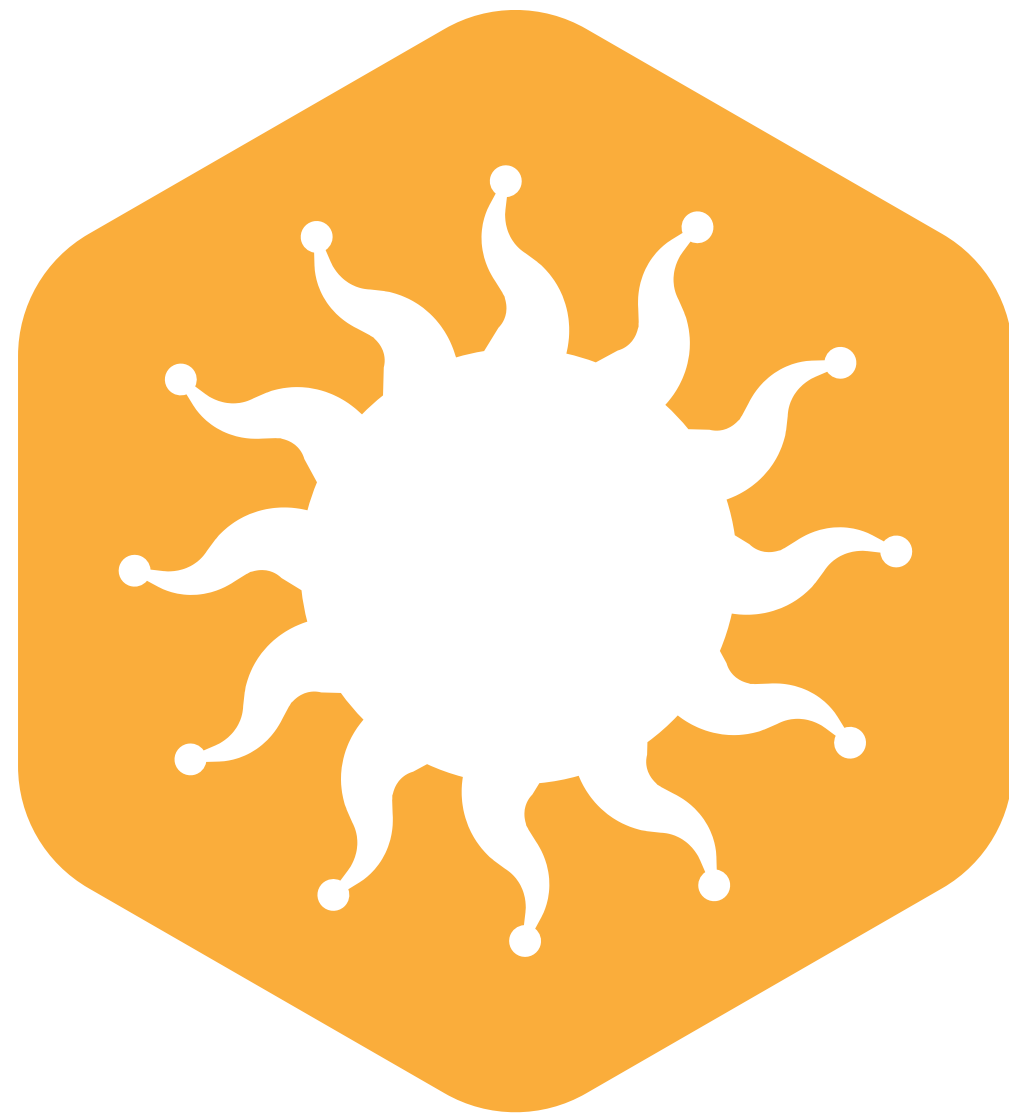




**Melons grow on a vine.
After pollination, the
melon flowers swell to
become the melons we eat.**

HOW DO MELONS GROW?

WHAT SEASON DO WE PICK MELONS?



SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT MELONS?

**Healthy immune system
(prevents colds)**



Healthy heart



Healthy brain



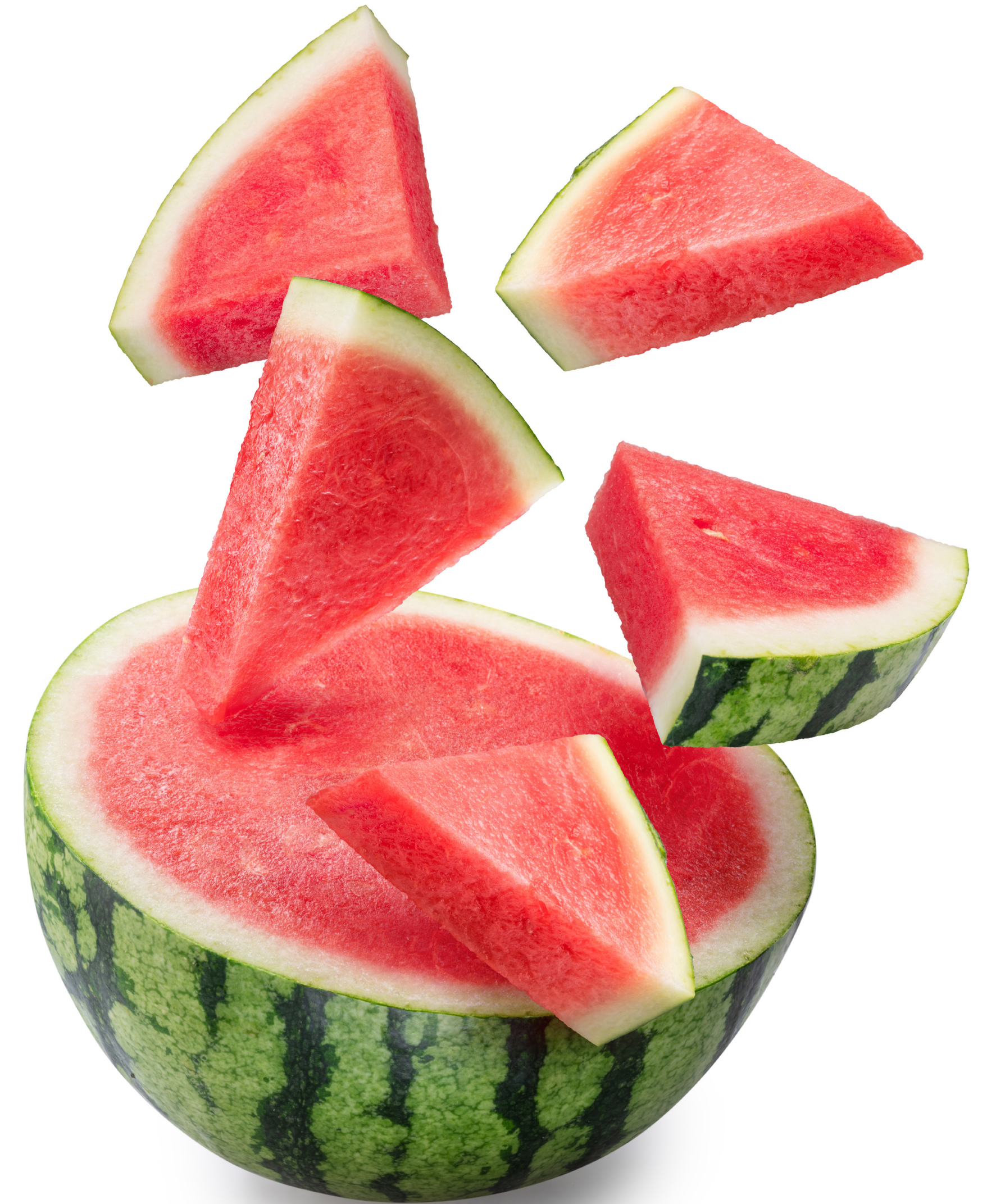
Healthy muscles



HOW DO YOU PICK A GOOD MELONS?

- Cantaloupes should have a sweet smell when you buy them.
- Honeydew and watermelon should be heavy for their size and when you tap on one it should sound hallow.
- The rind of a melon should be not be shriveled or punctured.

FUN FACT: By weight watermelon is the most popular melon consumed in the United States.





LET'S TRY SOME
Melons!

