

# SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

Special Announcements

Good Eats at:

**GET READY**  
FOR NATIONAL SCHOOL LUNCH WEEK!  
OCTOBER 9-13  
[squaremeals.org/nslw](http://squaremeals.org/nslw)

9.4

1 Labor Day

+200   
+100   
+50 

4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

# WATERMELON

My name is Walter Watermelon. My brothers and sisters and I are round or oblong and have a smooth hard rind (thick skin), usually green with dark green stripes. I have a juicy, sweet flesh inside that is deep red to pink, but some of my fellow watermelons are orange, yellow, or white inside.



I have hard, black seeds inside me, but some others don't. Texas is ranked third in the country for growing watermelons, and we are the state's largest garden crop. You'll see us growing on long vines in patches, or large areas of a farm.

SQUASH IT!

As a melon, we're part of the larger gourd family and cucumbers and squash are my cousins.

## FUN FACT

Watermelon festivals are common in Texas, including the What-A-Melon Festival in Center, Texas; the Hempstead Watermelon Festival; and the Luling Watermelon Thump.

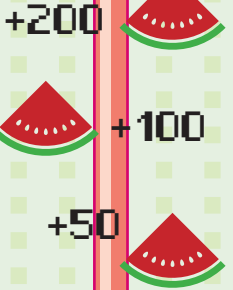
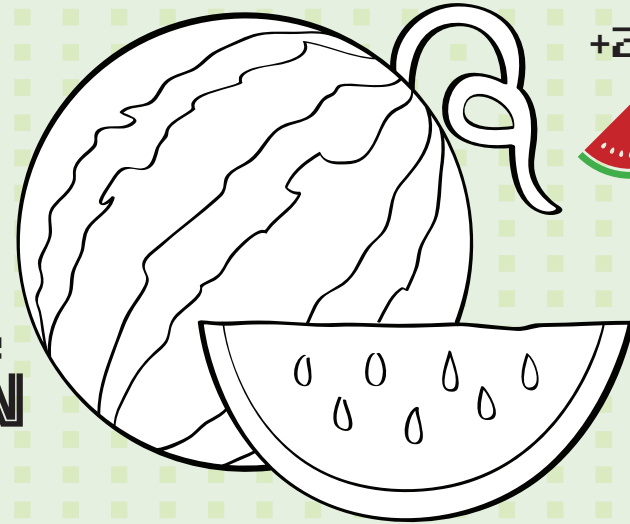
## Launch PAD

### WATERMELON GROWING REGIONS

1. The High Plains
2. East Texas
3. Winter Garden
4. Rio Grande Valley



## Color the MELON



## Joke of the MONTH

Q: When do you go at red and stop at green?

A: When you're eating a watermelon.

## Alexandra's Refreshing WATERMELON SALAD

### INGREDIENTS

- 1 cup fresh spring greens
- 1 cup fresh cilantro
- 1 cup fresh watermelon, cubed
- 1/2 cup red grapes, halved
- 1/4 cup walnuts, chopped
- 1/4 cup Feta cheese
- 4 whole-grain dinner rolls
- 2 teaspoons butter

### PREPARATION

In a large salad bowl, mix all ingredients together. Arrange the salad mixture on a platter and serve with whole-grain dinner rolls spread with grass-fed butter, if possible. Enjoy!!!

Recipes courtesy of: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

