

Featuring
Watermelon



Thought
Foodness

TM

WEST VIRGINIA HARVEST™



Did You Know?

Watermelon

Where I grow best:

Watermelons grow best in warm, sunny weather with plenty of heat. They need lots of sunshine and well-drained soil to grow big and sweet. The ideal temperature for growing watermelons is between 70°F and 85°F. Watermelons also need a lot of space to spread out as they grow, so they do best in large gardens or fields.

My Nutritional Superpowers include:

Watermelons have some amazing nutritional superpowers! Made up of about 92% water, they are perfect for keeping you hydrated and refreshed, especially on hot days. Watermelon is also packed with vitamin C, which helps boost your immune system and keeps your skin healthy. It contains lycopene, an antioxidant that protects your body from harmful cells and supports heart health.

I taste great in meals like:

Watermelon Salad, Watermelon Smoothies, and Watermelon Sorbet!

You can find Watermelon at Grocery Stores and Walmart in West Virginia!



**Thought
Foodness**

WEST VIRGINIA HARVEST™

Recipe Spotlight

Watermelon Sorbet

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Freeze the chopped watermelon chunks until solid (about 3-4 hours).
2. Add the frozen watermelon, lime juice, and honey to a blender or food processor.
3. Blend until smooth and creamy.
4. Serve immediately for a refreshing and healthy sorbet!

What you will need:

- 3 cups watermelon, chopped and frozen
- 1 tablespoon lime juice
- 1-2 teaspoons honey (optional)



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.


Thought
Foodness

TM

WEST VIRGINIA HARVEST™



Harvest a
healthier
you!



Thought
Foodness

TM

WEST VIRGINIA HARVEST™

There's more to discover at
wvharvest.com/thoughtfoodness

