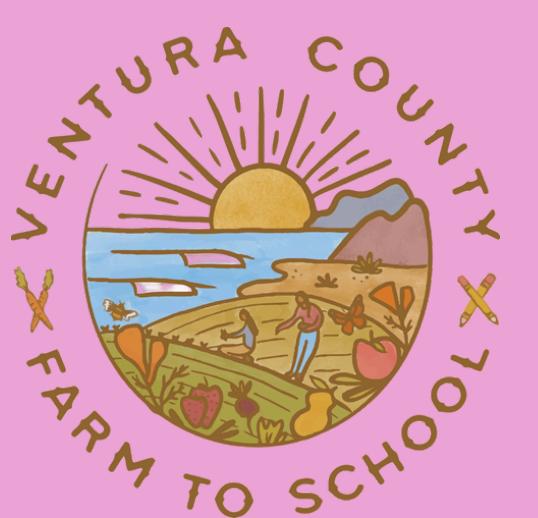


HARVEST OF THE MONTH.

WATERMELON/SANDIA

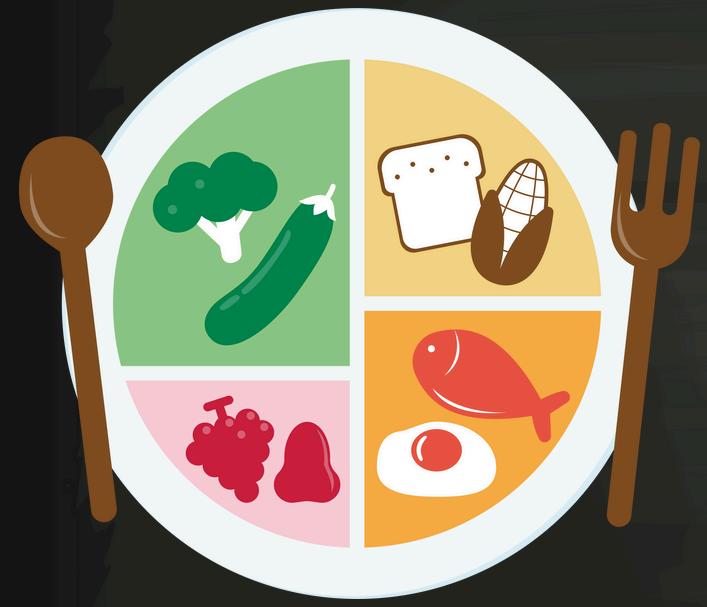
agenda



- Learn about Harvest of the Month
- History of Watermelon
- Fun Facts about Watermelon
- How do melons grow?
- Different Varieties
- Nutrition information
- Farmer of the Month
- Melon Activity
- Taste a local watermelon



WHAT IS FARM TO SCHOOL?



NUTRITION



LOCAL FARMS



SCHOOL GARDENS

HARVEST OF THE MONTH

When students are able to taste seasonal fruits and vegetables
We learn about the farmers who grow the food we eat!

WHAT IS FARM TO SCHOOL?

Program that celebrates great food! We learn how food is grown in
school gardens, honor the farmers who grow our food, and then EAT!

history

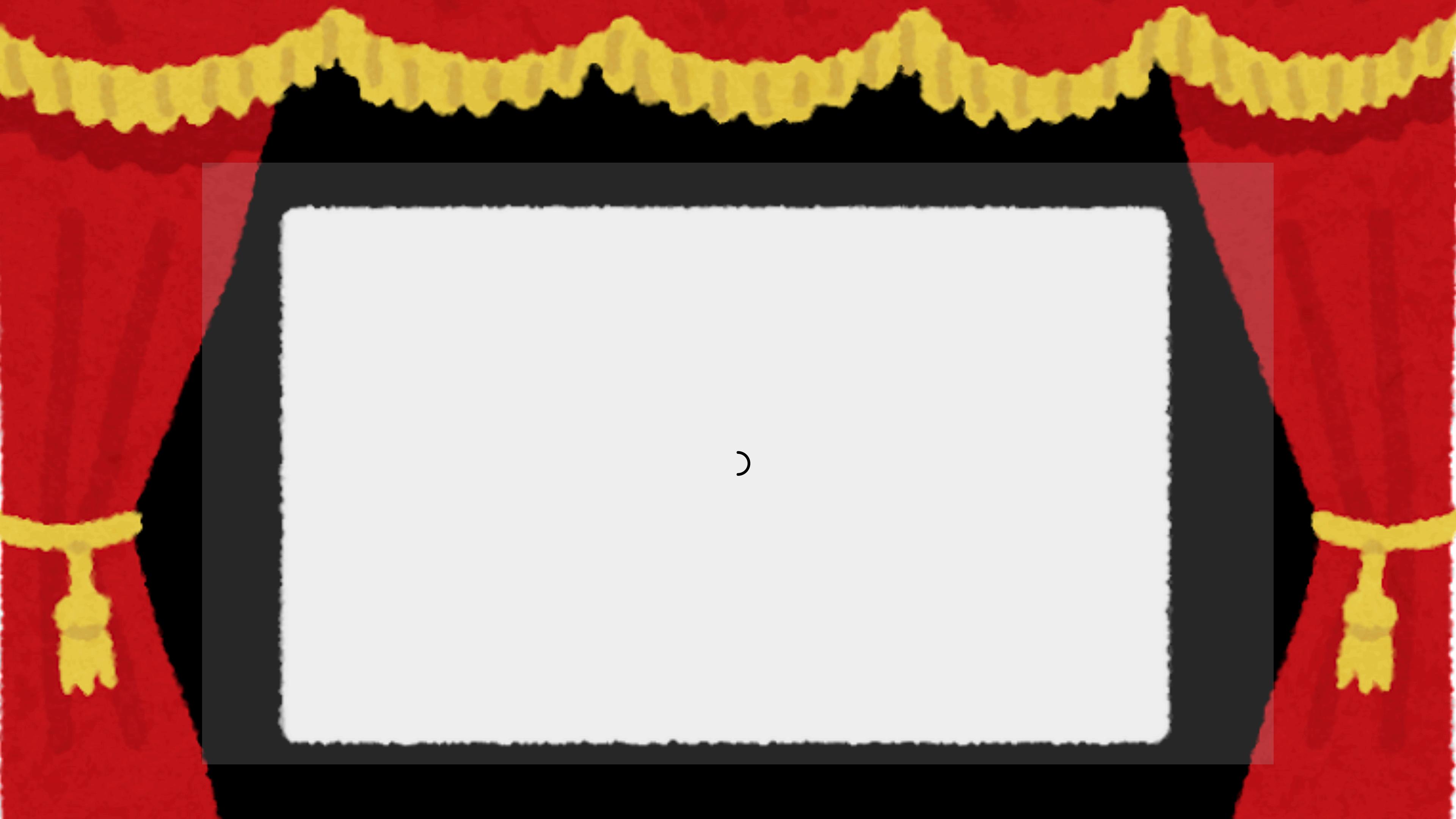


- Watermelon originated in the deserts of Southern Africa.
- The ancestor of the modern watermelon is a drought-tolerant and strong plant which people living in the desert prized for its watery insides.
- Watermelons were seen in Egyptian tombs and in hieroglyphics
- In the 10th century, watermelon was brought to China (who now produces most of the world's watermelons) and it moved to the rest of the world in the 13th century

SEEDS SEEDLINGS PLANTS



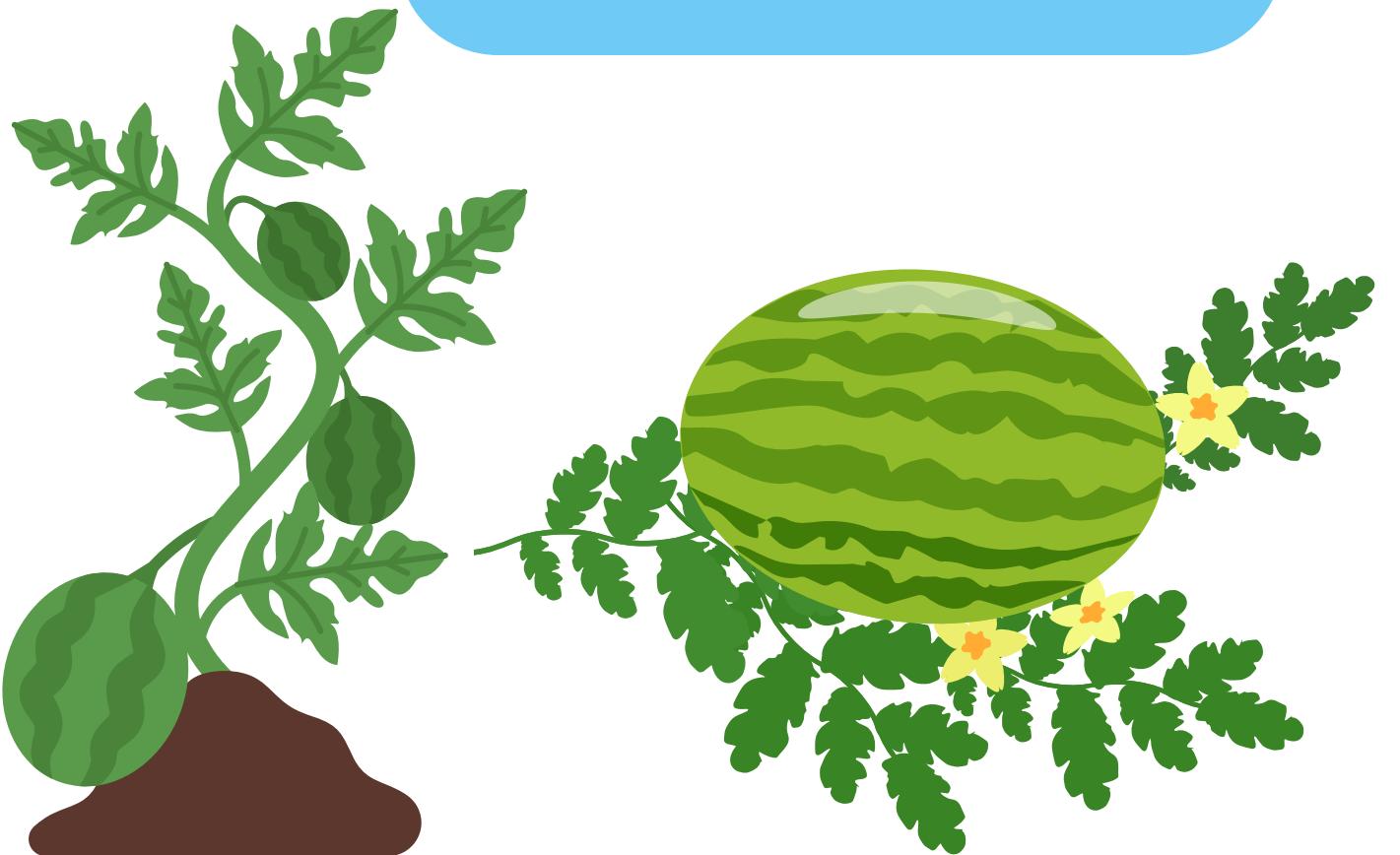
How do they grow?



HOW DO WATERMELONS GROW?



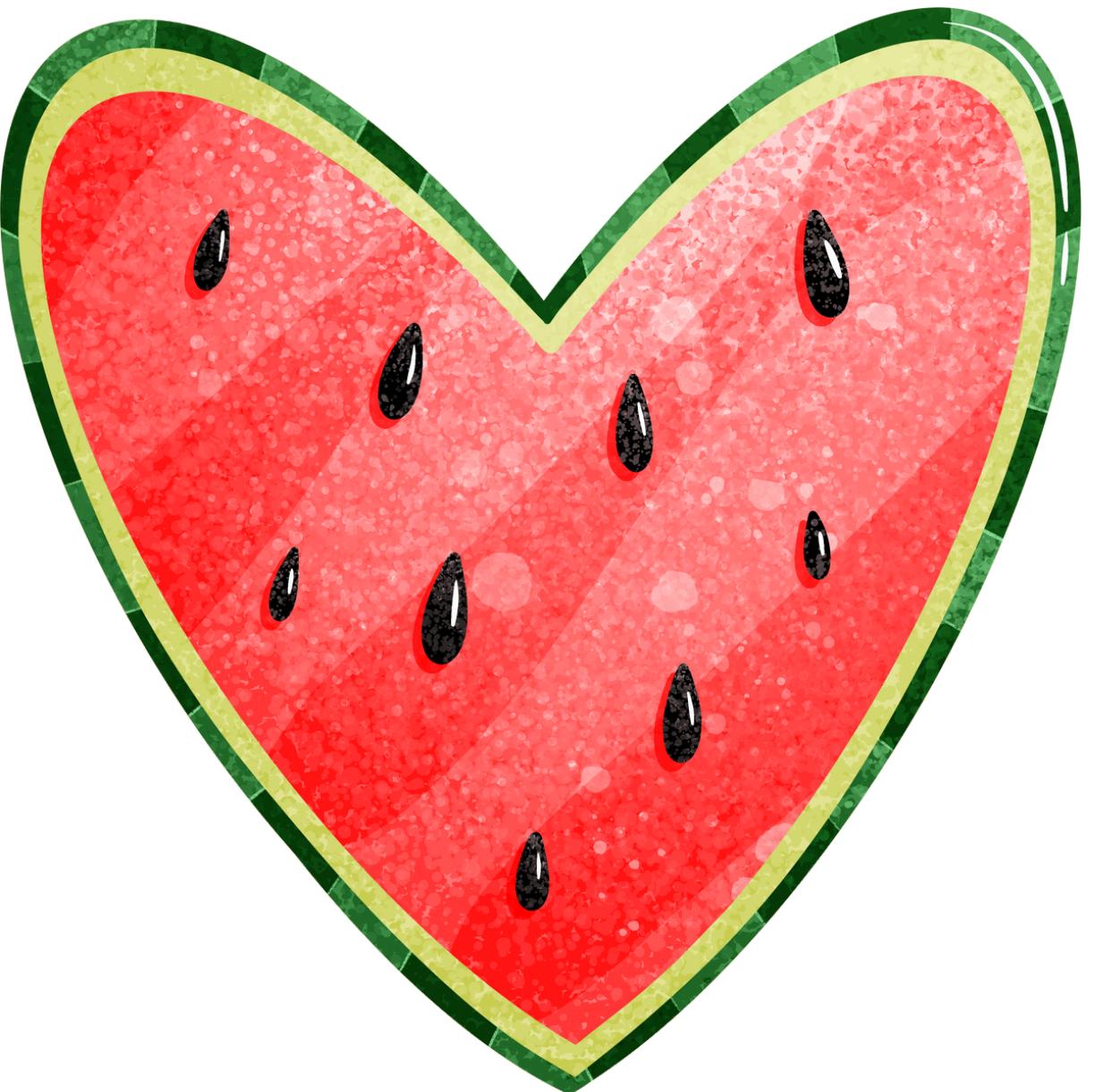
Direct water to the plant root:
Pay attention to the weather and give
more water during heat waves.
Allow the top inch of soil to dry between
waterings; water slow and low to let
water saturate the roots.
Aim for one inch of water per week.
Surround the plant with mulch to
conserve water and minimize weeds.



1. Pick a sunny location with WARM soil- melons thrive when the soil is 70 degrees daily.
2. Direct sunlight for 6-8 hours each day.
3. Test your soil pH to make sure it's between 6-7.5
4. Provide ample space for the vines to sprawl wide and long; watermelon plants grow very large and can produce several melons at a time.
5. Water deep and regular, avoid overhead watering to prevent fungal disease.
6. Fruit will develop when the yellow flowers are pollinated.
7. Watermelons are ready to harvest when the ground spot (the area where the melon rested on the ground) turns yellow, the skin loses its shine and becomes dull, and the melon sounds hollow when tapped.

Watermelon varieties

A Variety is a specific type of plant. A classification/category that ranks below subspecies (where present) or species, its members differing from others of the same subspecies or species in minor but permanent or heritable characteristics.



Variety	Field picture	Internal fruit picture	Average fruit weight (lb)	Fruit number per plant
Ladybelle			5.4	5.3
Preakness			5.7	6.1
Cheetah			5.9	5.0
Nectaro			5.8	5.8
Excite			6.1	5.9
Sirius			5.9	5.3
Petite Perfection			5.1	6.3
Sugar Bomb			4	8.4
Sugar Rush			5.7	6.9

‘



HOW DO WATERMELONS
COME TO OUR CAFETERIA?



FARMER OF THE MONTH



GUADALUPE ROJAS

EL CAMINO VIEJO FARM
FILLMORE, CA

- Guadalupe grew up in the Mexican Countryside and has been farming since he was a young boy
- Growing fruits and vegetables in harmony with animals, insects (pollinators) and native plants has been a guiding principle on his farm
- He is inspired by traditional farming methods which is why he named his farm “El Camino Viejo” /”The Old Way”
- Organic farmer who is proud to be a steward of the land; caring for the soil, plants, living creatures, air and water
- Also grows delicious corn and strawberries, but knows how to grow almost anything- even cotton!



*Blood Pressure
levels refer to the
level at which your
heart pumps blood
throughout your
body.*

Watermelon Nutrition

Watermelon contains:

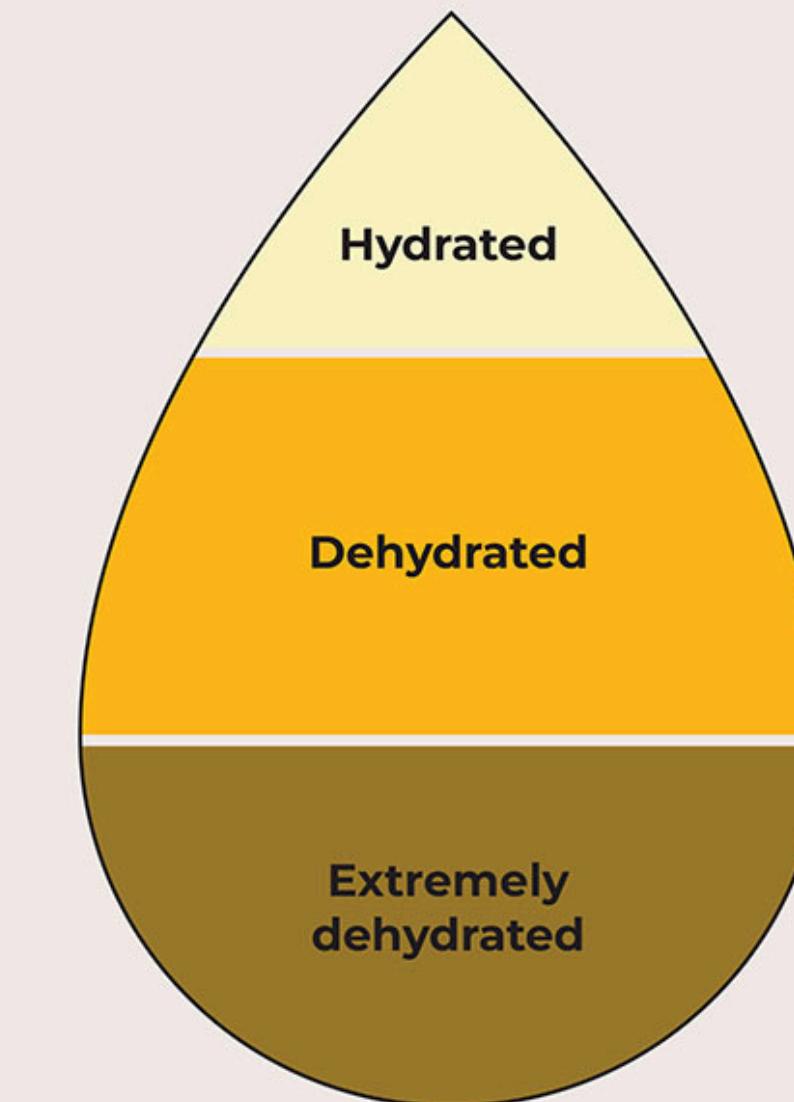
- Vitamin A-helps eyesight, reduces acne, supports bones
- Lycopene, an antioxidant that helps reduce the chance of developing cancer and diseases
- Potassium, which helps your muscles recover and blood pressure stay healthy
- Vitamin C which is good for skin health and immune strength
- Magnesium- aids in digestion, blood pressure, and bones!
- Citrulline- the richest known source; becomes an essential amino acid (arginine) which lowers blood pressure
- Water- making it excellent for hydration

HOW MUCH WATER SHOULD I DRINK EACH DAY?



in the know about H2O.

ARE YOU DRINKING ENOUGH H2O? FIND OUT WHEN YOU GO. THE COLOR OF YOUR URINE CAN HELP YOU DETERMINE IF YOU NEED TO DRINK MORE WATER.



Hydrated
Drink water as normal.

Dehydrated
Drink about 8 oz. of water within the hour. More if sweating or outside.

Extremely dehydrated
Drink about 16 oz. of water right now. More if sweating or outside.

Consult a physician if darker or red. If dehydration continues, it can cause kidney stones, urinary tract infections and more.

Tip
Up to 100 pounds, drink about half your weight in ounces of water daily.

80lb = 40oz. of water

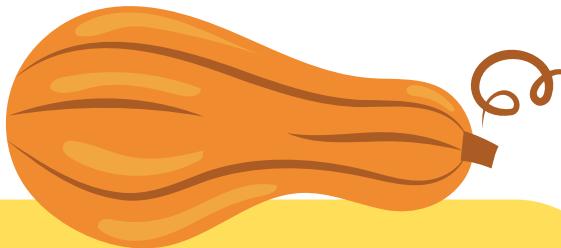
Learn more at childrens.com/urology.

Check with your physician about how much water your child should drink daily.

children's **health**®

Did you know?

- Watermelon is part of the **Cucurbitaceae** family and is a cousin to cucumbers, pumpkins, and squash
- Over 1,200 varieties of watermelon are grown in 96 countries worldwide
- The United States (that is us!) is #7 in the world's production of watermelon



OH MY GOURD!

Cucurbitaceae: also called cucurbits gourds, are a plant family consisting of about 965 species! Some commonly cultivated cucurbits include: Cucurbita – squash, pumpkin, zucchini, some gourds. Lagenaria – calabash and other, ornamental gourds



A row of various watermelon slices and a whole watermelon, including a slice with a star shape.			
<h3>Choosing a Ripe Watermelon</h3>			
A watermelon with a green stem and a shiny rind.	Green Stem Unripe	A watermelon with a brown stem and a shiny rind.	Brown Stem Ripe
A watermelon with a shiny rind and a green stem.	Shiny Rind Unripe	A watermelon with a darker rind and a brown stem.	Darker Rind Ripe
A watermelon with a white field spot and a green stem.	White Field Spot Unripe	A watermelon with a tan field spot and a brown stem.	Tan Field Spot Ripe
A watermelon with an elongated shape and a green stem.	Elongated - Male Unripe	A watermelon with a round shape and a brown stem.	Round. Firm - Female Ripe



ENJOY EL CAMINO
VIEJO FARM MELONS
ALL MONTH LONG IN
YOUR CAFETERIA!

WHAT ARE OTHER TYPES OF MELONS?

