

# HARVEST OF THE MONTH WATERMELON

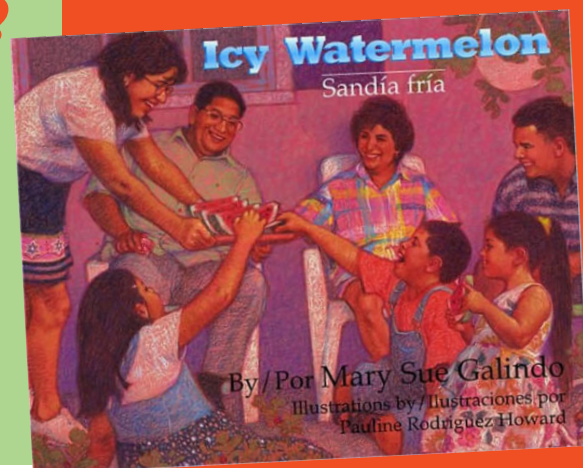
"I'm one in a melon."  
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## WHY SHOULD I EAT FRESH WATERMELON?

Watermelons are mostly water, about 92%, but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamin A which is good for eye sight, and B6 which increases brain power.

## READ IT! Icy Watermelon by Mary Sue Galindo



## STRAWBERRY WATERMELON POPSICLES

3 heaping cups cubed watermelon  
1 heaping cup strawberries (fresh  
or frozen)

Zest and juice of 1 lime

- Place all ingredients in blender and puree until completely smooth.
- Pour into popsicle molds or ice trays and freeze 3-4 hours, or until very solid.
- Remove from mold and enjoy!

[www.onelovelylife.com/strawberry-watermelon-popsicles/print/22063/](http://www.onelovelylife.com/strawberry-watermelon-popsicles/print/22063/)

Hugo, Maria, and Sarita enjoy spending time with their grandparents. When Grandpa begins to reminisce about his own father, and about the watermelons they raised long ago, the three youngsters recognize yet another curious adivinanza in the telling.

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