



Try the
August Harvest of the Month!
.....
Watermelon
.....





IDEA Child Nutrition Program August 2024 Harvest of the Month Recipe

Watermelon Kimchi



INGREDIENTS

- 2 cups watermelon rind (white part only), all green waxy skin removed
- 1 tablespoon kosher salt
- 1 bunch green onion, cut into 2 inch pieces
- 1 inch piece of ginger, julienned
- 2 cloves garlic, minced
- 1 tablespoon gochugaru (Korean chili flakes)
- 1 tablespoon honey

STEPS

1. Cut the watermelon rind into thin strips about 2 inches long. Place the rind strips in a large bowl and toss with the salt. Let sit for 1 hour.
2. After 1 hour, rinse the rind to remove excess salt.
3. In a large bowl, combine the rind with the green onion, ginger, garlic, gochugaru (add more or less gochugaru depending on how spicy you like it) and honey. Stir to combine.
4. Transfer the kimchi to a jar or another glass container with a tight fitting lid.
5. Store in refrigerator overnight or up to 5 days to marinate. (the longer kimchi sits, the more flavorful it becomes.)
6. Enjoy!



IDEA Child Nutrition Program August 2024 Harvest of the Month Recipe

Watermelon Agua Fresca



INGREDIENTS

- 2 lbs watermelon chunks
- 4 c Water
- Sweeten to taste using your choice of sweetener
- Ice

STEPS

1. Place watermelon chunks, water, and sweetener in a blender and blend until smooth. This takes about 3-5 minutes.
 2. Pour ice into cups and then pour in watermelon agua fresca
 3. Enjoy!
- Optional step: For a smoother consistency, use a strainer to remove watermelon pulp from the agua fresca before serving.



IDEA Child Nutrition Program

August 2024 Harvest of the Month

Watermelon

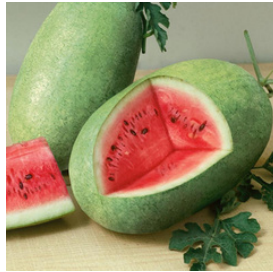
VARIETIES

Allsweet



This variety of watermelon is one of the largest! It can grow to weigh over 30 pounds!

Sweet Princess



This variety of watermelon is known for having a thinner and lighter colored rind. As its name suggests, it's also known for its sweet taste!

Mini Love



This variety of watermelon is known as a "personal" watermelon due to its smaller size. It is also one of the seedless variety.

Watermelon FAST FACTS

As the name suggest, watermelon is a great source of hydration, especially since it is available in the hot summer months!

Watermelon contains an antioxidant called lycopene which gives the fruit its bright red color!



Studies have shown that eating watermelon can potentially help lower your blood pressure!

Did you know? You can eat the sweet red fruit on the inside of the watermelon, but you can also eat the green rind as well!

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2024-2024 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

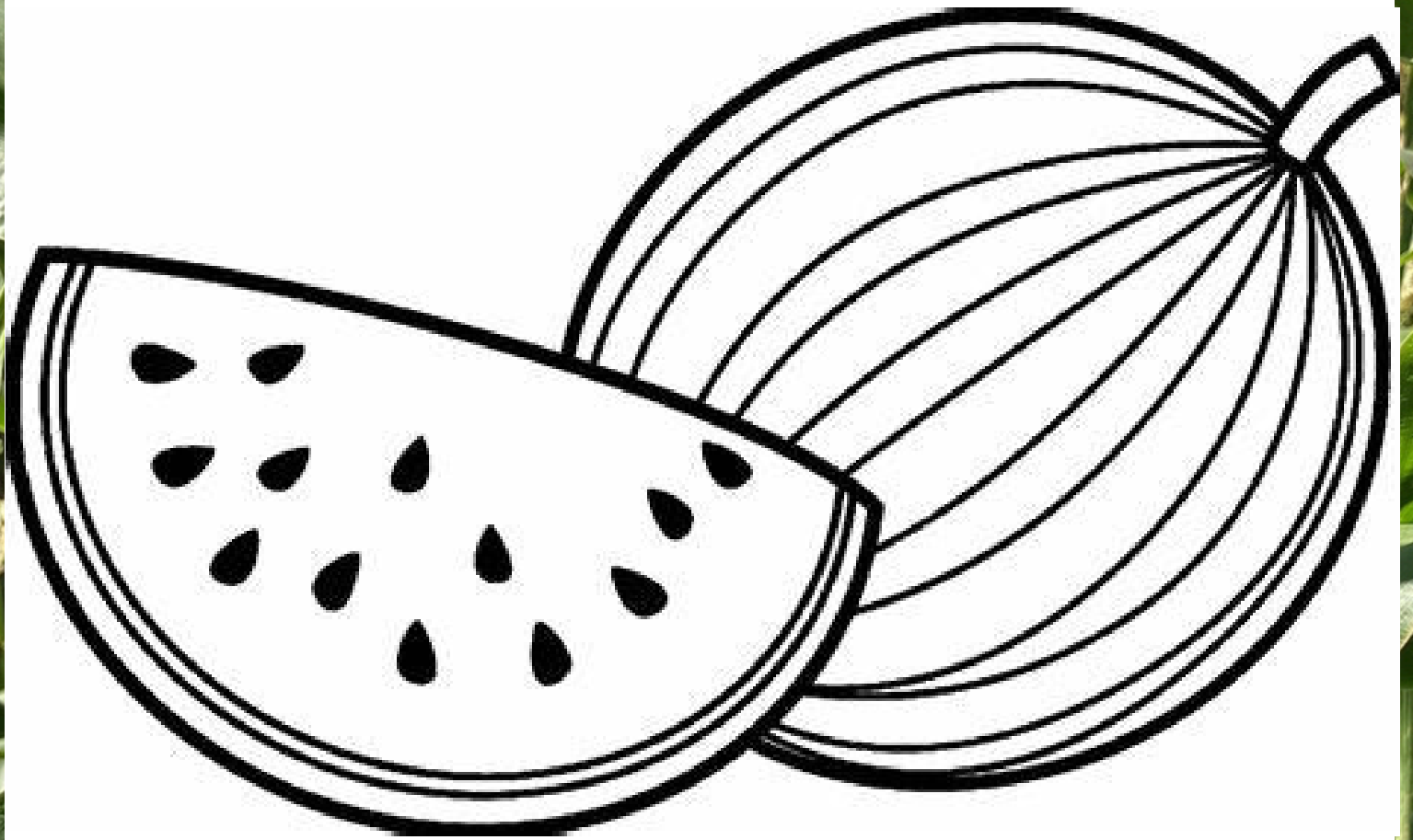


This institution is an Equal Opportunity Provider.



IDEA Child Nutrition Program August 2024 Harvest of the Month

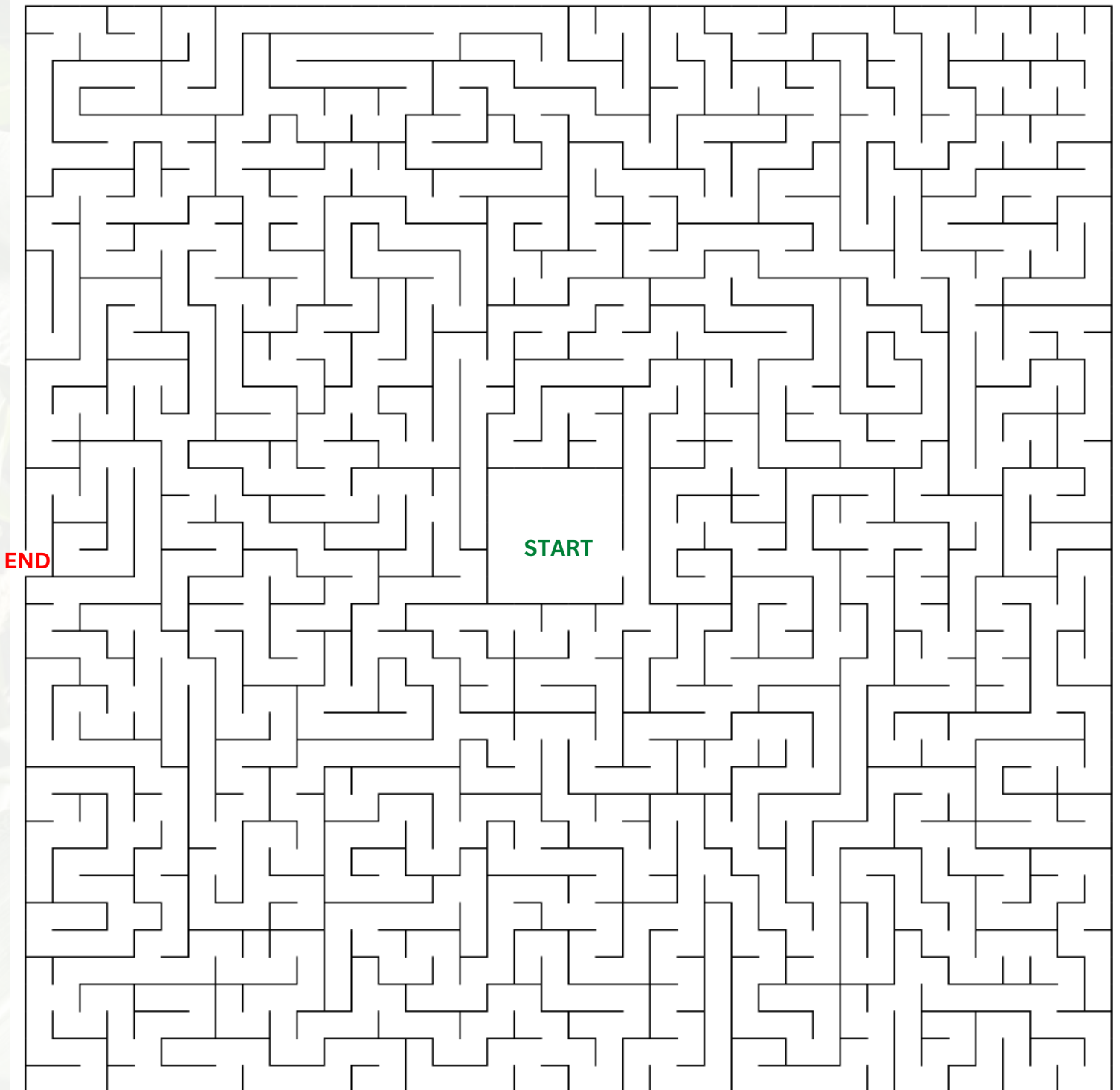
Coloring Activity





IDEA Child Nutrition Program August 2024 Harvest of the Month

Directions:
Find your way to the end of the Maze!



This institution is an Equal Opportunity Provider.



IDEA Child Nutrition Program

August 2024 Harvest of the Month

Word Search

Directions:

- Find the Watermelon related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

August
Harvest
Refreshing
Summer

Fruit
Hydration
Rind
Sweet

Green
Red
Seeds
Watermelon

S	Z	Q	N	O	N	U	S	Q	U	D	J	S	E	N
X	T	R	V	Z	O	Y	R	G	S	S	Q	W	T	N
Z	Y	G	G	L	L	V	U	E	D	S	H	P	M	K
M	F	R	Y	A	E	C	K	E	M	E	F	Q	N	U
U	W	E	O	L	M	W	E	T	O	M	W	X	P	U
R	K	E	Q	Y	R	S	P	G	N	N	U	T	N	Y
S	E	N	K	X	E	T	L	T	Q	G	I	S	O	V
O	W	D	P	V	T	K	U	P	N	U	D	X	I	D
T	S	E	V	R	A	H	B	S	R	C	M	H	T	K
X	P	S	E	N	W	X	A	F	R	I	N	D	A	I
Z	O	E	N	T	R	U	H	D	D	I	R	K	R	Q
B	Z	O	H	D	G	A	L	E	R	I	I	T	D	N
W	Y	D	N	U	J	O	J	W	Y	J	I	H	Y	B
B	D	V	S	K	T	W	D	F	X	Y	L	S	H	M
S	B	T	R	E	F	R	E	S	H	I	N	G	S	I



IDEA Child Nutrition Program August 2024 Harvest of the Month

Word Scramble

Directions:
Unscramble the Watermelon Related Words!

Scrambled Word

Unscrambled Word

1. GRNEE
2. DER
3. SDESE
4. LRTMNEWAEO
5. STUGUA
6. HVESTAR
7. GENSIRRFHE
8. ESMUMR
9. UIFTR
10. YHOTNIDRA
11. DNIR
12. STWEE

ANSWER KEY

1. GREEN
2. RED
3. SEEDS
4. WATERMELON
5. AUGUST
6. HARVEST
7. REFRESHING
8. SUMMER
9. FRUIT
10. HYDRATION
11. RIND
12. SWEET

This institution
is an Equal Opportunity Provider.