



Fresh Fruit and Veggie Program

Monthly Spotlight

June

Celery

Did you know?

Celery is thought to have been first grown in the Mediterranean. In Greece, garlands made from celery leaves were placed on grave sites! Archeologists discovered celery leaves in King Tut's tomb in Egypt. Celery was initially used as medicine to treat toothache, anxiety, insomnia, and arthritis. The ancient Greek physicians prescribed celery as a nerve soother.

How do they grow?

The celery root grows under the surface of the ground and the stalk sprouts upward of the root. The celery stalks form a thick base at the bottom and on the surface grows into solid stalks with large green leaves.

Fun ways to eat?

Celery can be eaten raw or cooked. It makes a great addition to juices, smoothies, soups, stews, and salads. Celery stalks can also be eaten dipped in hummus, ranch, or vegetable dip. Celery stalks and leaves enhance the flavor of stews and soups. Celery seeds are used as seasoning

Nutrition facts

Celery is a low-caloric snack that provides a great source of vitamin C and K, potassium, folate, and vitamin B6.

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VEGGIE OF THE MONTH

Celery



FRUIT OF THE MONTH

Watermelon



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Watermelon

Did you know?

Watermelons can grow to be really big. Guinness World Record Chris Kent of Sevierville, Tennessee grew the largest watermelon which weighed 350.5 pounds! In Japan, farmers grow watermelons in the shape of hearts and cubes.

How do they grow?

Watermelons grow on a sprawling vine. As the watermelon grow the vine changes from green to brown, the ground belly of the watermelon changes from white to yellow, and the outer skin becomes changes color and becomes firm. All these changes are a key sign of a ripe watermelon.

Fun ways to eat?

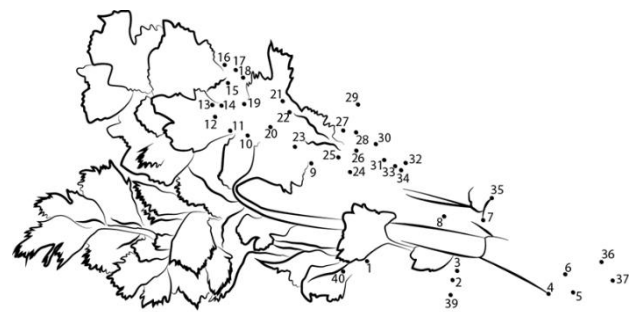
Watermelon can be cut and frozen into watermelon popsicles. Watermelons can also be added as a great topping to a fruit salad along with other fruits such as blueberries and strawberries. If you blend watermelon with yogurt, strawberries, and a banana you could also make a delicious smoothie.

Nutrition facts

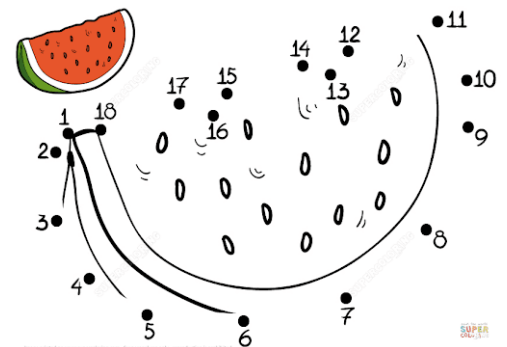
Watermelons contain about 92% water and provides an excellent source of vitamins A, C, and B5.

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Connect the Dots



Celery



Watermelon

