

Fresh Fruit & Vegetable Program: January 2023

Featured Fresh Fruit: **WATERMELON**



Health Benefits:

1. High in Antioxidants – reduces risk of heart disease and cancer
2. Rich in Vitamin C – supports immune system and healing
3. High Water Content – great for hydration



Fun Facts:

1. Watermelon is classified botanically as a gourd – the gourd family also includes vegetables like cucumber, squash, and pumpkin.
2. According to Guinness World Records the heaviest watermelon was grown in Tennessee in 2013 and weighed in at 350.5 pounds!
3. They are called WATERmelons for a reason since they are 92% water!

