



Today you will get to try Hami Melons from California. Melons grow from a vine plant and thrive in warm soil. They are available during the spring and summer months. Hami melons are oblong in shape and have a golden yellow, lightly netted skin and a pale, coral-colored flesh that is crisp. Hami melons have a large seed cavity in the center that you remove before eating. They are juicy, crunchy and sweet. Hami melons are delicious eaten fresh as a snack, with meals, or with a dessert.

Fun Facts: You can chop Hami melon, zucchini, cucumber, fresh mint and cilantro. Then add lemon juice and olive oil and mix all the ingredients together. This recipe makes a refreshing and healthy side dish.



Hami melons belong to the **Fruits group** on *MyPlate*.

Body Benefits: Hami melons offer a great source of vitamin C and minerals such as folate, potassium and magnesium to help you grow up strong and be healthy!

Goal of 60 minutes Physical Activity every day: Jumping jacks: stretch arms and legs out to the side like a starfish while jumping, return arms to sides and legs to center on landing. Repeats 15 times. **Add some sweet melon to your water for a refreshingly honeyed water infusion to help keep you hydrated.

