



August Harvest of the Month Morning Announcements

August's Harvest of the Month is melons! Melons are loaded with nutrition including vitamin C, vitamin A, potassium, folate, vitamin B6 and antioxidants. They also have a high water content which helps keep us hydrated. Watermelons are closely related to cucumbers and gourds. Melons can be stored at room temperature until they are opened, then should be refrigerated. It is best to wash the outside of a melon prior to cutting to eliminate food borne illness that may be transferred during preparation.