

Food of the Month

Nutritional Information
Cooking & Storing
Recipes



A healthy community through the power of good food

July 2017

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FEATURED FOOD: WATERMELON

It is believed that watermelon originated in Africa and then traveled to Asia, Europe and then to North America. China is the largest watermelon producing country that makes up for about 1/2 of the world's production. Although watermelon can be found throughout the year, it is truly the taste of the summer season.

Watermelon is known for its high water content, about 92% making it the perfect way to cool down on hot summer days. What people don't realize is that it is a rich source of lycopene. One cup of watermelon has more lycopene than one cup of tomatoes.

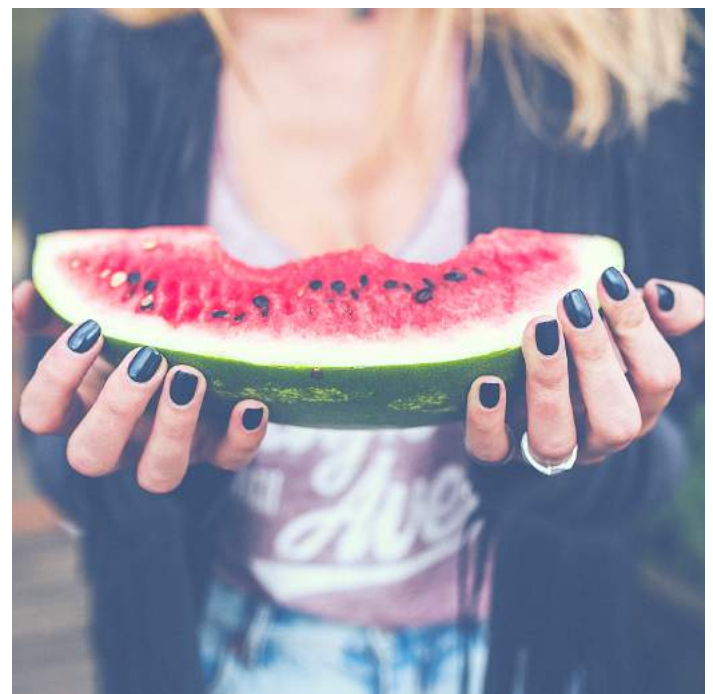
In addition to the antioxidant lycopene, watermelon is rich in Vitamin C, Beta-Carotene, Vitamin A, and Vitamin B6. Watermelon is a great summertime snack, not only because it has powerful antioxidants that combat free radical damage, is hydrating and delicious, but because it is only 46 calories for 1 full cup!

HOW TO STORE & SELECT THE PERFECT WATERMELON



To select a nutrient-packed watermelon, look for one that has a dull versus shiny top. A perfectly ripe watermelon should feel heavy in weight. Give the watermelon a good tap or "thump", a ripe watermelon will have a deeper "bass" sound and should not sound hollow. Each watermelon typically has a "ground spot", you want this spot to be yellowish not white in colour to ensure ripeness.

After you have selected the perfect watermelon, you want to store it properly to preserve its freshness and nutrition. Watermelons like to be stored in 10-16 degrees celcius, which is below room temperature and above standard fridge temperatures. Ideally a cellar or basement below ground, and store them away from high ethylene-producing foods (i.e. pears, apples, peaches, or papayas)





RECIPE: SUMMERTIME WATERMELON SLUSHIES

3 cups of watermelon, cubed & frozen
1 cucumber, peeled & chopped
1 handful of mint

1 tbsp raw honey or maple syrup
juice of 1 lime
1 cup of ice (optional)

Cut the watermelon into cubes and place in a bowl. Put the bowl in the freezer for 1 hour. Add frozen watermelon with the other ingredients in a high speed blender and process until smooth. If you like your slush thicker, you can add in the additional cup of ice and blend again. Pour into a glass and enjoy this slush on a hot day.

* Make homemade popsicles. You can adapt this recipe to make your own popsicles, simply omit the ice and do not freeze the watermelon. Place everything into a blender, blend until smooth, pour into popsicle molds and freeze.

RECIPE: WATERMELON & FETA SALAD

3 cups of watermelon, cubed
1 cucumber, sliced
1/4 cup feta cheese, crumbled

1/2 cup mint, chopped
1 tbsp avocado oil
Juice of 1 lime
Salt & pepper to taste

Combine watermelon, cucumber, feta, and mint in a bowl and gently toss. Whisk oil and lime together with salt and pepper to taste. Pour the dressing over the salad, mix, and enjoy

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Next Markets:

July 12: Fruit & Veggie Sale, 5-8pm, Belmead Community League (9109-182 St)

July 20, 3pm-6pm, Glenwood Community League (16430-97 Ave)

August 8, 10am-1pm, Canora Community League (10425-152 Street)

August 15, 10am-1pm, Glenwood Community League (16430-97 Ave)

Events:

July 27: Collective Kitchen, 1-3pm, Britannia Youngstown Community League (15927-105 Ave)

For More Info Call 780-906-4971 or email ashleyT@food4good.ca

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