

NEWS AND INFORMATION

September 2024

Watermelon is more than just a warm weather treat!

According to the research of the United States Department of Agriculture (USDA), eating watermelon is a great way to add powerful antioxidants, vital amino acids, and more lycopene in your diet. These nutrients help fight cell damage, repair body tissue, assist in digesting food, and regulate blood pressure. Watermelon is found to have more lycopene than raw tomatoes. Lycopene helps with eye health, heart health and may protect against certain cancers. However, watermelon is higher in sugar than some other fruits. If you are watching your sugar intake, make sure you account for that when making your food choices.

You can find watermelon all year long in grocery stores, but locally grown, summer watermelon is the tastiest. You can use your farmers market vouchers to purchase fresh watermelon from one of the participating markets. Contact the PCA Helpline at 215-765-9040 or the Delaware County Office of Services for Aging at 610-490-1300 for more information about the produce vouchers. The vouchers are good through September 30th.

FEATURED RECIPE

Fresh watermelon is naturally low in fat and sodium, and high in fiber. Add cubed watermelon to your morning yogurt or freeze watermelon cubes to add flavor to water or iced tea. Freezing watermelon cubes is a great way to store all the melon to eat later.

Watermelon and Cucumber Salad

Ingredients

- 1 ½ tablespoons olive or vegetable oil
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- 3 cups cubed watermelon, seeds and rind removed
- ½ cucumber cut in chunks (peel, and seed if desired)
- ¼ small red onion cut in small slices
- ¼ cup fresh mint coarsely chopped (or use fresh parsley or fresh basil if you prefer)
- ¼ cup crumbled goat or feta cheese (optional).

Directions

1. In a small bowl, whisk together the oil, lime juice, and salt.
2. In a large bowl combine the watermelon, cucumber, red onion, and mint (or other herbs if you are using.)
3. Pour the dressing from the small bowl over the ingredients in the large bowl and toss to combine.
4. Top with the goat or feta cheese crumbles if using.
5. Serve immediately. Store leftovers in the refrigerator, covered.

Makes 4 servings

Nutrition Information per serving

Calories	Fat	Saturated Fat	Sodium	Sugar	Fiber	Protein	Carbohydrate
87	4g	1g	151mg	10g	1g	1g	14g



The Commodity Supplemental Food Program is a Federal Food Program designed to improve the health and nutrition of Senior Citizens by providing a balanced mix of healthy foods each month to add to their home pantries.

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REMEMBER: No matter where you pickup your box, you should never be asked to pay to participate in the program. If you are being asked to pay anything, let Philabundance know: 215-339-0900.