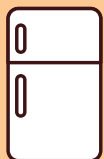


August's Harvest of the Month

MELONS

Vitamin C - Potassium



Store

Make a melon juicier by letting it sit out at room temperature for 2 to 3 days. Then store the melon, cut in pieces, in a plastic bag in the refrigerator. Use it within a couple of days.



Use

In season in July and August. Serve melon at meals, for snacks, or in bag lunches.



Pick

Melons are best when picked at the peak of ripeness, yet still firm. Choose one that is symmetrical in shape; oval, round, or oblong; free of cracks, bruises, or soft spots; and with just a slight softness to the touch.



Prepare

Except for watermelon, all melons can be prepared for serving in the same way. Slice the melon open, scoop out the seeds and strings, and slice it for serving. To remove the rind, slice the melon in sections and slide a sharp knife between the rind and flesh. Cut into serving sizes.

Melon Compote

Makes 4 servings

Ingredients

- 1 1/2 cups cantaloupe, cubed
- 1 1/2 cups watermelon, cubed
- 1/2 cup unsweetened apple juice
- 1 tablespoon mint, finely chopped
- 1/2 teaspoon orange rind, grated
- 2 kiwi fruits, peeled and sliced

Directions

1. Combine cantaloupe and watermelon cubes in a medium bowl.
2. Mix apple juice, mint, and orange rind separately. Pour over melon cubes.
3. Toss. Cover and chill 30 minutes.
4. Add kiwi fruit and toss.
5. Garnish with fresh mint leaves, if desired.

August Harvest of the Month

SUMMER SQUASH

Vitamin C



Store

Store unwashed summer squash in a plastic bag in the refrigerator for 3-4 days.



Use

In season in July through September. Summer squash can be eaten raw in salads or dipped in hummus or yogurt. Sauté summer squash and use as a side dish or add to vegetable dishes, lasagna, pasta, and other dishes.



Pick

Choose glossy, small to medium sized squash, that are heavy for their size.



Prepare

Scrub the squash gently in cold water. Trim both ends. Summer squash can be sliced, chopped, or cut into wedges. It is not necessary to peel summer squash.

Crookneck Squash with Corn and Green Chiles

Ingredients

- 5-6 small, tender, crookneck squash, sliced
- 1 medium onion, coarsely chopped
- 1 small can diced green chiles
- 2 cups fresh or frozen corn

Directions

1. Combine all ingredients in a large skillet.
2. Stir and cook over medium heat until vegetables are tender.
3. Season with salt and pepper to taste.