

Featured Fruit

WATERMELON

This hydrating local fruit is rich in Vitamin C and the antioxidant Lycopene!



Watermelon Cucumber Salsa

Ingredients	Directions
<ul style="list-style-type: none">● 1 watermelon (or about 3 cups)● ½ cup cucumber, diced● ½ cup yellow, orange or green peppers, diced● ¼ cup red onion, diced● ¼ cup cilantro, chopped● 2-3 tbsp jalapeño, diced + seeded (optional)● 2 tbsp lime juice● Sea salt, to taste	<ul style="list-style-type: none">● Wash hands, wash everything!● Chop watermelon into bite sized pieces, removing the rind.● Combine watermelon and all other veggies into a bowl and toss. Add jalapeno if you like a spicier salsa, or leave it out for a more kid-friendly option.● Season with lime juice and salt.● Stir and serve chilled with chips or raw veggies.