



The Scoop #66

from
The Saunders Brothers
Farm Market

Watermelon, a Summertime Favorite

Who knew how good for you that cold, crunchy, dripping, delicious bit of heaven is? Watermelon is high in electrolytes, so is a perfect antidote for replenishing moisture lost through perspiration. It is a great source of beta-carotene and Vitamins A and C. It is good for healthy eyes and is fat-free. Watermelon is high in citrulline which is used by our bodies to make a component of an essential amino acid. The benefits of that include removing ammonia from the body, lowering blood pressure, promoting energy, strengthening the immune system, and stimulating the pancreas to release insulin. Fully ripened watermelons contain the most antioxidants. When you are choosing, look for a watermelon that is firm and heavy for its size.

Drink your watermelon this summer! Agua Fresca, a light fruit drink popular throughout Mexico, is a perfect way to do this.

Agua Fresca

4 cups diced, peeled watermelon

3 cups water

2 or 3 teaspoons fresh squeezed lime juice

1 Tablespoon sugar (or less, depending on your taste)



Blend the fruit with the lime juice, sugar and half the water until smooth. Stir in the remaining water and refrigerate for one hour. Serve garnished with a mint sprig. If you prefer, you can strain out the pulp. You could also add mashed strawberries.

The Fuzz Buzz

Peaches

Salem (yellow freestone)
White Lady (white clingstone)
Loring (yellow freestone)

Also: John's sweet corn, tomatoes, watermelons, cantaloupes, green beans, squash, zucchini, cucumbers.

Check our website at
www.saundersbrothers.com
for the latest availability.

And carry all your fresh produce home in a reusable Farm Market bag, available for only \$2.29.



(counterclockwise from left)
*Josh Quick, a rising NCHS junior, plans to go to medical school after graduation.
*Dave Miller on piano, Steve Bowling on guitar, and Alex Adams on harmonica.
*Christi Saunders, scooping ice cream, is a rising senior at VA Tech. Her major is art.

