

## **HARVEST OF THE MONTH- Farm Fresh Mixed Melons**

Tonnemaker Farms in Royal City WA prides itself on growing juicy, mouthwatering melons. Students will be able to try cantaloupe, honeydew, French melons or watermelon fresh from the farm. Farmers Kole and Sonia grew the melons organically on their large fruit and veggie farm. The farm has been in the family since 1903 and today the farmer's children enjoy helping on the farm too when they are not in school.

Fun Facts:

A watermelon can be classed as **a fruit and a vegetable.**

A fruit because it grows from a seed and has a sweet flavor.

A veggie because it is a member of the same family as a cucumber, pumpkin, and squash and is harvested like these other vine growing veggies.

A watermelon is made of 92% water (thus in its name "water") but the colorful flesh contains many benefits for a healthy brain and heart and to help fight infections.

