

### Available Now...

#### Watermelon

Watermelon is fat free, sodium free and high in Vitamins A and C.

When selecting a watermelon, choose one that is symmetrical, has a yellow spot on one side and that is heavy for its size.



#### Fun Facts

Watermelon is 92% water.

The first recorded watermelon harvest occurred 5,000 years ago in Egypt.

The watermelon is a cousin to cucumbers, pumpkins and squash.

### Fresh Inspirations...



#### Watermelon Salsa

Serves 10

##### Ingredients

|  |                               |
|--|-------------------------------|
| 4 Cups Seedless Watermelon, diced              | Kosher Salt, to taste         |
| 2 Peaches, diced                               | Black Ground Pepper, to taste |
| 1/4 Cup Red Onion, diced                       |                               |
| 1/4 Cup Roasted Red Pepper, diced              |                               |
| 1/4 Cup Roasted Yellow Pepper, diced           |                               |
| 1/2 Bunch Fresh Cilantro, leaves only, chopped |                               |
| 3 Tbsp. Olive Oil                              |                               |
| 1 Lime, juiced                                 |                               |
| 5280 Culinary Fire Salt Seasoning, to taste    |                               |

##### Directions

Prepare the first six ingredients as instructed and place into a medium stainless steel mixing bowl. Add the olive oil and adjust as needed then add the fresh lime juice to taste. Sprinkle on the fire salt, mix and allow to sit for five minutes for fire salt to "bloom." Mix well and adjust flavor with salt and pepper, then refrigerate. Prior to use, stir well to combine juices and check seasoning. Goes well with chicken.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... **Colorado Peaches**