



# SUMMER MELON

## Eat More Arizona Grown Summer Melon

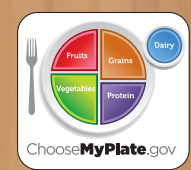
### Nutrients Found in Summer Melon

- |                  |   |
|------------------|---|
| <b>Water</b>     | Helps keeps your body cool and improves digestion |
| <b>Vitamin C</b> | Helps your teeth and gums stay healthy            |
| <b>Vitamin A</b> | Helps your eyes and skin stay healthy             |



### HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Fresh melon is among Arizona’s top produced specialty crops during the summer months. Most recently, Arizona produced over 570,100,000 pounds or 285,050 tons of melon. That’s a value of just over \$122 million.



Choose melons that are heavy for their size, free from soft spots and that smell sweet.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.