



The Edible Garden

Recipe featured at Garden-to-Table Weekend featuring berries, July
3–5

Watermelon Coolers

By: Sonia Uyterhoeven, Gardener for Public Education

Smoothies can be made by mixing some combination of apple juice, honey, yogurt, selected fruits, club soda, ginger ale, or lime sherbet in a blender or whipping it up with the popular hand held immersion blenders.

Ingredients

3-4 cups of seedless watermelon, cut into 2 inch cubes
1 cup of canned pineapple in its juice
2 cups of cantaloupe, cut into 2 inch cubes
1 generous handful of mint
1 lime
Ice for serving

Instructions

- Puree first 4 ingredients in a blender, adding a little water to help liquefy.
- Pass contents through a sieve to remove pulp over a large punch bowl.
- Squeeze in the juice of one lime and add ice into the punch bowl to keep it nice and cool.