



Fruit and Herbal Waters: Flavors from the Garden

For better flavor, gently rub the herb leaves between the palms of your hands. Put herbs and fruit in the bottom of the container before adding a gallon of water. Strain or leave the crushed herbs in the container. Add fresh sprigs to each glass when serving and pour over ice if desired.

CUCUMBER COOLER

- 10 cucumber slices
- 2 lemon slices
- 3 sprigs of rosemary

JUST DEW IT

- 10 cucumber slices
- 1/4 cup honeydew melon, balls or cubes (fruit on skewers look especially nice)

PINEAPPLE EXPRESS

- 1 cup pineapple cubes or spears
- 1/4 cup of mint leaves

MY MELONA

- 2–3 slices honeydew melon
- 1 lime, sliced
- 4 sprigs of mint

CITRUS SPLASH

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced

MELON MADNESS

- 2 cups seedless watermelon, cubed
- 10 basil leaves

LIQUID SUNSHINE

- 3 large lemons, sliced
- 1/4 cup fresh lavender



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Why Should We Go Back to the Tap?

- Water is good for you. Plain water has zero calories and no added sugar.
- Water tastes great—especially when you are really thirsty.
- Bottled water is expensive. Americans spent \$10.6 billion on bottled water in 2009.
- Almost half of all bottled water comes from municipal tap water supplies.
- Beverage containers are bad for the environment. Fossil fuels are used for bottle production and transport.
- Almost 80% of plastic water bottles end up in landfills and waterways.
- Bottled water is not safer or cleaner than tap water.
- All living things need water to survive.
- If people drink local water, they are more likely to take care of the source.



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