



WATERMELON

DID YOU KNOW?

#1

Watermelon ranks #1 on the list of budget-friendly fruits, at only 14¢ per serving. You can feed up to three dozen people from just one watermelon.



The United States currently ranks 6th in worldwide production of watermelon, with Florida, Texas, California, Georgia and Indiana consistently in the lead.



Watermelons are cousins to cucumbers, pumpkins and squash.



The first recorded watermelon harvest occurred about 5,000 years ago in Egypt and is depicted in Egyptian hieroglyphics on walls of their ancient buildings. Watermelons were often placed in the burial tombs of kings to nourish them in the afterlife.



Early explorers used watermelons as canteens.



A watermelon's stripes are indicators of variety; with over 1,200 varieties grown in 96 countries worldwide, there are many, many variations. In fact, some watermelons don't even have stripes.

WATERMELON

— FRESH AND HEALTHY —

Think beyond the wedge and add watermelon to your next meal. No matter which way you slice it, watermelon is fun to eat and very good for you! With it being such a versatile fruit, it can be used in many recipes and be a healthy snack. The whole watermelon is edible, even the rind.

Best Time to Buy:
May - September

Watermelon Benefits U!

- High in vitamins A & C
- Fat, sodium & cholesterol free
- At 92% water, watermelon delivers needed fluids & nutrients to the body.

2 cups = 80 calories



Add Color to Your Meal

- Add to fruit salads, salsa, cool drinks or desserts.
- Create a refreshing watermelon sorbet.
- Watermelon's sweetness can be used to make a barbecue sauce; add a smoky flavor and toss slices of watermelon on the grill.
- Cut outer skin into decorative bowls.

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— RECIPE CORNER —

Watermelon Salsa

- 2 cups** watermelon
- 1 cup** cucumber, peeled, seeded and chopped
- 1/4 cup** onion, red or white, chopped
- 2 tablespoons** cilantro or mint, fresh, chopped (optional)
- 1** jalapeño, seeded and finely chopped, or hot sauce to taste
- 1/4 cup** lime juice or lemon juice
- 1 tablespoon** sugar, white or brown

In a medium size bowl, stir together all ingredients. Taste and season with more lemon or lime juice, sugar if needed. Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.



Nutrition Facts	
Serving Size 1.00 cup(s) (211g)	
Amount Per Serving	
Calories	76
Calories from Fat	22
<hr/>	
% Daily Value	
Total Fat	2.4g 4 %
Saturated Fat	0.9g 5 %
Trans Fat	0.0g
Cholesterol	4.2mg 1 %
Sodium	120.3mg 5 %
Total Carbohydrate	13.2g 4 %
Dietary Fiber	1.0g 4 %
Sugars	9.6g
Protein	2.0g
Vitamin A	16 %
Vitamin C	20 %
Calcium	5 %
Iron	4 %

FAST FACTS

SELECTION

Look for a firm, symmetrical watermelon that is free from bruises, cuts or dents. Lift it up - the watermelon should be heavy for its size. Watermelon is 92% water, most of the weight is water. Turn it over- the underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

STORAGE

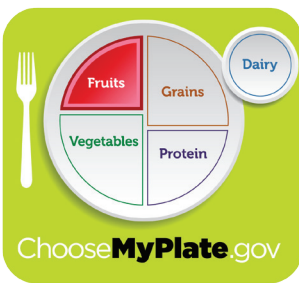
Compared to most fruits, watermelons need a more “tropical” climate - a thermometer reading of 55° F is ideal. However, whole melons will keep for 7 to 10 days at room temperature. Store them too long, and they’ll lose flavor and texture. Keep whole watermelons at room temperature for up to 2 weeks. Once cut, wrap tightly and refrigerate for up to 3 days.

PREPARATION

Wash the watermelon before cutting it. The flesh can be sliced, cubed, or scooped into balls.

PRESERVATION

Good watermelons rinds for freezing should be solid and have a nice, hollow-sounding center when you knock gently on them. Avoid any melons with decaying or dark spots. The flesh should be firm, fully colored, and juicy.



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