
Selection

Watermelons are usually round or oblong and weigh 5 to 30 pounds.

Watermelon should be free of cracks, dark bruises, or soft spots. A ripe melon will be firm with a slight softness. Choose a fragrant melon as it is more ripe.

Most watermelons have red flesh but other varieties have orange and yellow-flesh. Some have seeds and some are seedless.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Rinse produce before cutting or peeling as bacteria can get into produce once it is opened.
 - ◆ Be sure to refrigerate fruit within 2 hours after cutting open.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
 - ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
 - ◆ Buying local lets you see and meet the people who produce our food.
 - ◆ Local foods taste good!
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FOR MORE INFORMATION...

Contact your local Extension office:

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Veggie Bites



Watermelon Sandía

Uses

Watermelon is wonderful eaten alone. It can be added to fruit salads, salsa, cool drinks or desserts.

The outer skin can be cut into decorative bowls as well!



Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Very low in Sodium
- ♦ Good source of Vitamin A
- ♦ Good source of Vitamin C
- ♦ Good source of Potassium

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Try It!

Fruit Slush

INGREDIENTS

- | | |
|------------|---------------------------------|
| 2 2/3 cups | Watermelon, chopped, and seeded |
| 1 2/3 cup | Kiwi, chopped (optional) |
| 2 Tbsp. | Sugar |
| 2 Tbsp. | Lime juice |
| 2 cups | Water |
| | Ice |

INSTRUCTIONS

1. In a blender, puree fruit with sugar and lime juice until smooth
2. Combine fruit mixture and water in a large pitcher
3. If desired, pour through a strainer to eliminate pulp
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into a tall glass over ice.

Yield: 4 servings

Recipe Source: www.recipefinder.nal.usda.gov/



Fruit Slush



History & Fun Facts

Watermelons originated in Africa over 5,000 years ago. By the 10th century, watermelons were being grown in China, which is today the world's largest watermelon producer. Americans eat about 17 pounds of watermelon a year.

There are more than 50 varieties of watermelons grown in the U.S. There are four general categories: All-Sweet, Ice-Box, Seedless and Yellow Flesh.

Watermelons are a melon. Melons are in the same gourd family as squash and cucumbers.