

Watermelon

Arkansas Grown

History

Historians say watermelons first grew in the middle of the Kalahari Desert. They were a source of water for thirsty traders who began to sell the seeds in cities along the ancient Mediterranean trade routes. Cultivation of watermelon spread throughout Africa, and by the 1600s watermelon made its way to Great Britain, Spain, China and beyond.

Storage Tips

- Store uncut watermelons at room temperature. Whole melons will keep for 2 weeks at 60°F (16°C), 7 to 10 days at average room temperature and up to a week in hot weather.
- Cut watermelon should be wrapped tightly, refrigerated and used within 3 to 4 days.
- Watermelon tastes best warm but is more refreshing if cooled down before eating. To chill, place the whole, room temperature watermelon in the refrigerator for several hours before serving.

Nutrition Information

Watermelon is very low in saturated fat, cholesterol and sodium. It is also a good source of Potassium, and a very good source of Vitamin A and Vitamin C. It is often used in weight reduction programs.

1 cup, chopped watermelon

Calories: 46.2	Vitamin A: 18%
Fat: 0.2 g	Vitamin C: 21%
Carbohydrates: 11.6 g	Potassium: 173 mg
Sugars: 9.5 g	Sodium: 1.5 mg

Watermelon C-Boost Smoothie

- 3 cups of watermelon
- 1 cup cataloupe
- 1/2 cup strawberries
- 1 cup low-fat plain yogurt
- 2 cups of ice

Add all ingredients into blender and blend until smooth. Pour into glasses and drink with a straw.

Yield: 4 servings

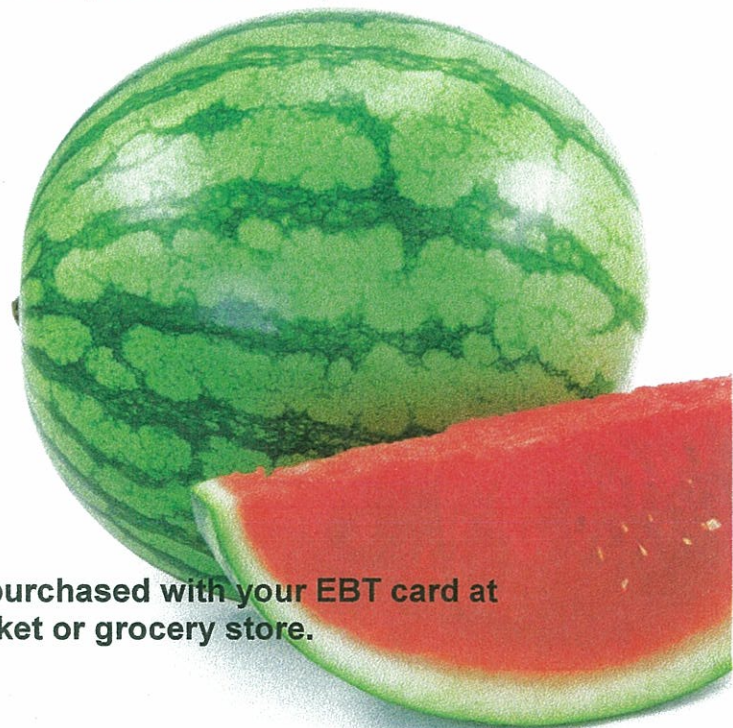
- You can substitute the plain yogurt for soy, almond, or regular milk.
- This smoothie is perfect for boosting your immune system because of the large amounts of Vitamin C. Chill off in the summer, or fight colds in the fall!



Cut out this recipe and glue it to a note card for future reference!

How to Pick Them

Watermelon season runs from May to September, but peak is mid-June to late August, making them a perfect summer choice. When picking, the melon should produce a deep, rich thudding sound when thumped. The skin should be dull and slightly waxy, yielding only slightly to pressure, and the stem should be attached, brownish and dry.



This item and others like it can be purchased with your EBT card at your local farmer's market or grocery store.