

Watermelon





Watermelon

SHOPPER'S TIPS

- Look for a firm fruit, with a sweet smell, dull rind, dried stem, and a yellow underside where it touched the ground.
- Avoid fruit that has cracks, soft spots, mold, or a white or very light green color on the underside.

FUN FACTS!

- Watermelons came from Africa and are mentioned in Egyptian writings.
- Early explorers used watermelon rinds as canteens to hold their water.

WHAT IS IN IT FOR YOU?

One cup of cubed watermelon is:

- An excellent source of vitamin C.
- A source of vitamin A.

SERVING IDEAS

- Replace the tomato in your favorite salsa recipe with diced watermelon for a sweet and spicy snack.
- Blend equal amounts of watermelon and water with a splash of lime juice to make a cool Mexican drink called agua fresca.

PEAK SEASON

California grown varieties, available from late spring to mid-fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Watermelons can be stored uncut at room temperature for up to two weeks.