

— WATERMELON —

What are they?

- There are more than 200 varieties of watermelon grown in the U.S. and Mexico
- Watermelons are often categorized as seeded, seedless, mini, yellow, and orange
- Watermelons are super sweet and juicy due to their high water content (92% water and 8% sugar)



When are they available?

- Harvested locally towards the end of summer.
- 42 of the 50 states in the U.S. grow watermelon.
- In the US, July is National Watermelon Month, so named not only because a cool, refreshing slice of watermelon represents the epitome of summer, but also because watermelon harvests peak during that month.

What's so cool about them?

- Watermelons were first brought to the U.S. by the Spanish in the 1500s.
- They used to be used as canteens by early explorers.
- The rind and the seeds of watermelon are edible. There is a recipe for Pickled Watermelon Rinds in the first cookbook ever published in the U.S.
- The largest watermelon ever grown weighed about 269 pounds.
- Watermelons are the most popular variety of melon in the U.S. The average American eats about 17 pounds of watermelon every year.



Why should I eat them?

- Excellent source of vitamin C, which helps boost your immune system and promote wound healing and collagen formation.
- Good source of vitamin A, which is good for your eyes and skin.
- Very low in calories, less than 50 calories per cup!

