

Watermelon

Benefits of watermelon:



Low in calories



High in water



High in vitamin A & C

When are they in season?



The peak season for watermelon in the US is July.

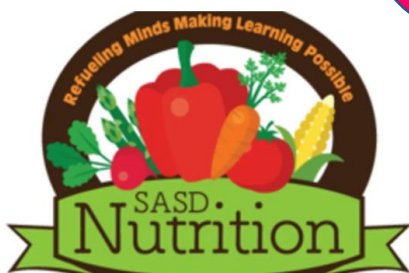
Food Safety for watermelon

Check for existing mold.

Store whole watermelon on the counter for best flavor. Once cut, store in the refrigerator for 3-4 days.

Separate watermelon from meat. Use different cutting boards for meats and fruits.

Did you know... the largest watermelon ever grown weighed about 351 pounds.



Elena Garcia, UWGB Dietetic Intern:
January 2021

Resource:
Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
Heaviest watermelon. (2013). Retrieved January 8, 2021, from <https://www.guinnessworldrecords.com/world-records/heaviest-watermelon>
Coconut Bowls | North America. (n.d.). Watermelon Smoothie Bowl. Retrieved January 08, 2021, from <https://www.coconutbowls.com/blogs/smoothies-breakfast-bowls/watermelon-smoothie-bowl>
8 Foods You Should Not Refrigerate. (n.d.). Retrieved January 08, 2021, from <https://www.foodnetwork.com/healthyeats/healthy-tips/2012/05/8-foods-you-should-not-refrigerate>

Watermelon smoothie

Serves 1

Ingredients

- 1 cup fresh watermelon
- ½ cup strawberries
- 2 cups frozen mango

Directions

1. Blend all ingredients together in a blender until smooth and creamy.
2. Serve.



Other Ideas:



Watermelon feta salad



Watermelon popsicles



Watermelon sorbet