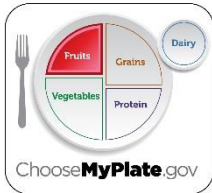
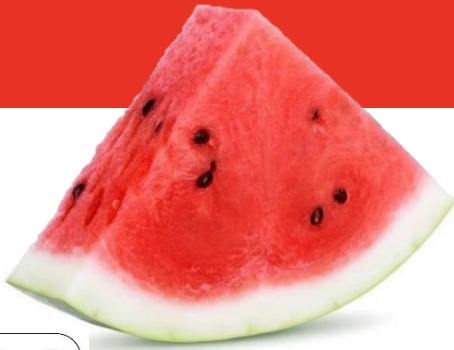


Watermelon



NUTRITION NOTES

- One cup of diced watermelon contains 46 calories, no fat and 0.6 grams of fiber.
- One cup diced or 1 small (1-inch thick) slice counts as one cup of fruit.
- Watermelon is an excellent source of **vitamin A** (*important for eye health*) and **vitamin C** (*supports a healthy immune system*).

July is National Watermelon Month.

Watermelon is 92% water, making it a low-calorie fruit. Enjoy sweet, juicy and nutritious local watermelon all summer!

USES AND TIPS

Select watermelons that are symmetrical and heavy for their size. Avoid those with bruises, dents or cuts. Store whole watermelons at room temperature. Wash the outside of watermelons with running water before cutting. Refrigerate cut watermelon and use within five days.

Sliced or cubed, fresh watermelon is a healthy, delicious snack! Add fresh watermelon to fruit or vegetable salads, salsa, or smoothies. Watermelon is great in beverages, and frozen sorbets and ices for a cold, refreshing treat.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Watermelon originated in Africa.

Watermelons can have red, orange or yellow flesh. Watermelons can have seeds or be seedless.

The world's heaviest watermelon weighed over 350 pounds!

Watermelon is a great source of lycopene, the pigment giving watermelon its red color. Lycopene is an antioxidant, which may protect cells in the body from damage.

The watermelon rind is edible! It can be pickled or stir-fried.

Watermelon is in the same family as cucumbers, pumpkins and squash.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Watermelon is a warm-season crop that grows on a vine.
- Watermelon is in season in Georgia June through August.
- In 2016, Georgia ranked 4th in the nation for watermelon production.
- Cordele, Georgia, located in Crisp County, is known as the Watermelon Capital of the World.
- Watermelons are ready to harvest 80-90 days after planting.

Sources: 1. National Watermelon Promotion Board: <https://www.watermelon.org/>. 2. National Watermelon Association: <https://watermelon.ag/>.

Georgia Department of Education School Nutrition Program

This institution is an equal opportunity provider.