Watermelon is an American summertime favorite. Throughout the summer months, many cannot get enough of this sweet treat. There are more than 1,200 different varieties of watermelons. Watermelon provides a refreshing way to help us reach the MyPlate recommendation of 1-2 cups from the fruit group each day. One cup of watermelon is equal to 1 small slice (1 inch thick) or 1 cup diced. Watermelon is naturally low in fat, sodium and has no cholesterol. It provides a source of potassium, vitamin C, Vitamin A and folic acid.

All about Watermelon

Selecting the perfect watermelon – Choose a firm, symmetrical, fruit that is free of cracks, bruises, soft spots or mold. A ripe watermelon will have a dull sheen, dried stem, and a buttery yellow underside where it has touched the ground. Thump your watermelon, as it should sound dull and hollow. Lift them as well; they should be heavy for their size.

Storing your watermelon – An uncut watermelon can be kept for up to 2 weeks at room temperature. When ready to use, scrub with a clean vegetable brush under running water. Dry with a clean towel or paper towel. Once cut, store watermelon in a covered container in the refrigerator for up to 3 days without hurting flavor or texture.

Some interesting facts about watermelon:

- A watermelon is 100% usable and compostable (70% flesh and 30% rind).
- Watermelon live up to their name, as they are 92% water.
- The rind of a watermelon is edible and can be used in stir-fries or salads.
- Hollow out the watermelon to make a compostable bowl for your delicious treat such as fruit salad or fruity dessert.

Sources:

1. All about the Fruit Group, ChooseMyPlate from USDA: https://bit.ly/2bSyJPn

For more information, check out more Food Fun for Young Children Newsletters: http://go.unl.edu/chi