



TASTE OF THE SEASON...

W A T E R M E L O N

Selecting Tips:

Pick one without dents, bruises or cuts. You should hear a hollow sound if you thump on it. Pick the watermelon up and look at the underside; it should be a mild yellow color.

Storage Tips:

- Cut watermelon can be refrigerated up to 7 days but should be kept in an airtight container. Uncut watermelon can last up to 21 days.

Nutrition Facts

Serving Size 1 cup, balls 154g (154 g)

Amount Per Serving	
Calories 46	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	2%
Sugars 10g	
Protein 1g	
Vitamin A 18%	Vitamin C 21%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Watermelon, Blueberry and Spinach Salad with Feta (makes 4 -- 7.4oz servings)

Ingredients:

- 2 tablespoons lemon juice or lime juice
- 1 tablespoon honey
- 4 cups spinach leaves
- 2 cups seedless watermelon, cut into ½ inch cubes
- 1 cup blueberries, washed and dried
- ½ cup cucumber, sliced (unpeeled)
- ½ cup red onions, cut thinly
- ½ cup feta cheese, crumbled

Instructions:

Whisk the lemon or lime juice and honey in a large bowl. Add spinach; toss lightly to coat. Add watermelon, blueberries, cucumber, and onion; toss. Top with feta cheese. (Add grilled chicken for a great main dish salad!)

Fun Facts

- Watermelon is 92% water.
- Early explorers used watermelons as canteens.
- Watermelon is grown in over 96 countries.
- Cut watermelon in a grid pattern and the cubes will tumble out.
- Women tend to eat more watermelon than men.
- Every part of the watermelon is edible, even the seeds and rinds.
- The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.
- The word “watermelon” first appeared in the English dictionary in 1615.
- The largest watermelon in the record books is 262 pounds.
- Contrary to popular belief eating watermelon seeds does not cause a watermelon to grow in your stomach.



Eating '5 to 9 a Day' can be a simple lifestyle change with big benefits to your health.

A few quick serving ideas—

- ❖ Slice and add to fruit or melon salads.
- ❖ Freeze cubes and use as ice cubes in beverages.
- ❖ Make kebabs with watermelon, turkey and cheese chunks.
- ❖ Cut into sticks and dip in yogurt.

