www.purdue.edu/FoodLink

WATERMELON

Types

Seedless watermelons have few or no seeds. Seeded watermelons have numerous black or brown seeds.

Shapes: Round, oblong, oval. **Sizes:** Very small (often called "personal"), small ("ice-box"), medium, large.

Rind Colors: Dark green, light green, dark green/light green striped.

Flesh Colors: Red (most common), yellow, orange.

Selection Info

Look for a yellowish spot where the watermelon rested on the ground. Pick a symmetrical melon that seems heavy for its size.

Preparation

Wash watermelon under cool running water to clean, or use a clean wet cloth or paper towel to wipe clean.

Fresh: Watermelon can be sliced, cubed, scooped into balls, or added to a fruit salad or recipe.

Storage

Short-Term Storage: If watermelon is cut, store in an airtight container in refrigerator for up to 5 days. If watermelon is whole, store at room temperature.

Long-Term Storage: Watermelon can be frozen 8-12 months.



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WATERMELON COOLER

Ingredients

3 cups watermelon (cubed, seeds removed)1/2 cup orange juice

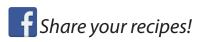
Directions

- Place watermelon and juice in blender. Put lid on tightly.
- 2. Blend until smooth.
- 3. Refrigerate leftovers within 2 hours.





Learn more about **WATERMELON** by scanning the QR code above or by visiting https://extension.purdue.edu/foodlink/food.php?food=watermelon.



Serving Size 1 cup **Nutrients Amount Total Calories** 70 Protein 1g Carbohydrates 16g **Dietary Fiber** 1g **Total Fat** 0g Saturated Fat 0g Cholesterol 0mg Sodium 0mg

Nutrition Information



Extension