

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

1. 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>.

 *Share your recipes!*

Nutrition Information

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