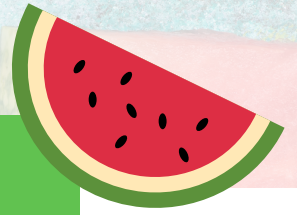


UGA EXTENSION

Watermelon

TIPS, FACTS & RECIPES



Nutrition Facts

- About 92% water—great for hydrating!
- Fat, sodium, & cholesterol free
- High in vitamins A & C

Color Your Plate

- Add to fruit salads, salsa, cool drinks or desserts.
- Create a refreshing watermelon sorbet.
- Watermelon's sweetness can be used to make a barbeque sauce; add a smoke of flavor and toss slices of watermelon on the grill.
- Cut outer skin into decorative bowls.

Storage & Handling Tips

- Always wash hands for at least 20 seconds before handling produce
- Wash all surfaces and equipment, including the outside of the watermelon before slicing.
- Whole watermelons will keep at room temperature for up to 2 weeks.
- Once cut, wrap tightly and refrigerate within 2 hours for up to 3 days

Watermelon Salsa

- 2 cups watermelon
- 1 cup cucumber, peeled, seeded and chopped
- 1/4 cup onion, red or white, chopped
- 2 tablespoons cilantro or mint, fresh, chopped (optional)
- 1 jalapeño, seeded and finely chopped, or hot sauce to taste
- 1/4 cup lime juice or lemon juice
- 1 tablespoon sugar, white or brown

In a medium-size bowl, stir together all ingredients. Taste and season with more lemon or lime juice, sugar if needed. Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.



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Content adapted from: Farm Fresh, and Fast

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HOW TO SELECT A RIPE WATERMELON

IN THE FIELD: WHAT TO LOOK FOR



CHECK THE TENDRIL

A brown, dried tendril near the melon indicates it is mature.



INSPECT THE GROUND SPOT

A ripe melon will have a bright yellow spot, pale or white means its less mature.



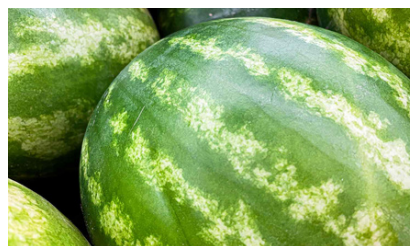
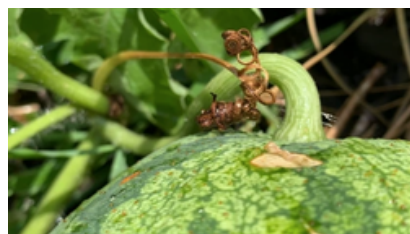
THUMP IT

A hollow sound indicates ripeness, while an immature melon will have a higher-pitched sound.



EXAMINE THE RIND APPEARANCE

Striped melons should have green bands that break up at the blossom end.



AT THE GROCERY STORE



GROUND SPOT

A bright yellow patch is good



WEIGHT TEST

Pick up the watermelon-it should feel heavy for its size



SOUND TEST

Thump the watermelon and listen for a dull, hollow sound