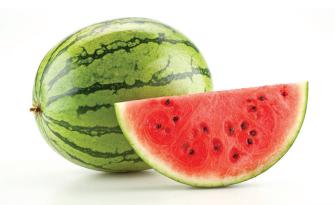
## WATERMELON



## Watermelon is in season from August through October.

# Tips for selecting watermelon

hoose watermelon that is symmetrical and firm. Watermelon should be heavy for its size and emit a deep pitch when slapped with the palm of your hand. Watermelon with soft spots, pale green or white coloring, dents, or bruises should be avoided. A musky odor indicates that the watermelon is overripe.

## Storage

Whole watermelon can be stored on the countertop for up to two weeks. Cut or prepared watermelon must be stored in the refrigerator (40°F or below). Place watermelon slices or chunks in a sealed plastic container or wrap with plastic wrap, then place in the refrigerator. Do not store watermelon in the freezer.

## Preparation

Wash in water before slicing. Watermelon may be eaten alone, in a salad, or as part of a fruit platter. Watermelon may be pureed and used in blended drinks.

#### To remove seeds

Cut the watermelon into quarters, then cut each quarter into 3 or 4 wedges. Cut each wedge lengthwise along the seeds. Lift the wedge off and scrape away the seeds with a fork.

### Key nutrients

- Antioxidant lycopene which may prevent certain types of cancer
- Potassium to help maintain normal blood pressure

## Recipes

#### Watermelon cooler

3 cups watermelon

Juice of 1/2 lemon

Watermelon (B4166-30)

3 scoops lemon sherbet

Remove the seeds from the watermelon and slice into chunks. Place on a cookie sheet and freeze. Put the frozen chunks into a blender. Add the sherbet and lemon juice and blend until smooth. Pour into cups and serve. Serves 3; 145 Cal; 2 g fat.

#### Watermelon ice

4 cups watermelon, cubed and seeded

⅓ cup granulated sugar

½ cup water

2 tablespoons fresh lime juice

In a small saucepan, combine sugar and water; bring to a boil and cook until sugar is dissolved (2 minutes). Let cool. Puree the watermelon in a food processor or mash with a potato masher; place in a bowl along with sugar syrup and lime juice. Pour into an 8-inch square baking dish. Freeze until nearly solid, about 2 hours. Scoop mixture into a food processor or blender and blend until the mixture is smooth but not melted. Spoon into dishes and serve immediately. Serves 4; 115 Cal; 0.5 g fat.



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