



# Watermelon... Oh So Sweet



On a *hot, summer day*, *ice-cold* watermelon serves up a delicious treat. Sure, the rosy flesh quenches your thirst but now there are more reasons than ever to reach for a slice.

Watermelon is a good source of vitamins A & C, and the lycopene leader among fresh fruits and vegetables. Lycopene is a plant pigment found only in a few red plant foods such as watermelon and tomatoes. Lycopene is thought to have powerful antioxidant capabilities and may help to prevent certain diseases.

## How to Pick A Watermelon:

1. Choose a firm, symmetrical watermelon that is free of bruises, cuts and dents.
2. Lift it up: the watermelon should be heavy for its size.
3. Turn it over: on the underside of the watermelon there should be a creamy yellow spot from where it sat on the ground and ripened in the sun.

## How to Store and Serve A Watermelon:

- Whole watermelons keep for 7 to 10 days at room temperature. After 2 days at 32°F, watermelons develop an off-flavor, become pitted and lose color.
- Once a melon is cut, it should be wrapped and stored at 37° - 39°F.
- Deseeding a watermelon: wash and quarter a whole melon, then cut each quarter into 3 - 4 wedges. Cut lengthwise along the seed line with a paring knife, and lift off the piece. Using a fork, scrape seeds both from the removed piece and the remaining flesh on the rind.

## Try a new *twist* on an old favorite with these ideas:

- ↳ **Caramelize** watermelon slices on the grill, and then drizzle with honey, lime and pinch of salt.
- ↳ Pair with shrimp on a kabob.
- ↳ Carve out a watermelon to use as a bowl. Fill with fruit salad.
- ↳ Use watermelon in place of **tomatoes** in a citrus salsa → see the **Caribbean Salsa** recipe.
- ↳ Use its juice as a glaze on shrimp or pork.
- ↳ **Of course**...watermelon is also a crowd pleaser “as is”. Slice it up and you have an instant appetizer, side dish or dessert.

