



Give Them More  
of the  
Good Stuff!

# Watermelon Basics



## Shop and Save

- ✿ Choose a watermelon that feels heavy for its size.
- ✿ Look for a creamy yellow spot on the underside. It becomes more yellow as the melon ripens.
- ✿ Avoid melons with bumps, soft spots, dents or cracks.
- ✿ The flesh of cut watermelon should look juicy and smooth.
- ✿ Pre-cut melon can be found in some stores. These often cost more per pound than whole melons but can save time and space.
- ✿ Watch for Oregon-grown watermelon from July to September. They may cost less and taste better than melons from farther away.

Watermelon contains lycopene, which gives it its red color and is a powerful antioxidant that helps keep you healthy!



About 3/4 of a whole watermelon is edible flesh.  
One pound = about 3 1/4 cups.

## Types of Watermelon

**Seeded watermelon** can be round or oval and weigh from 15 to 45 pounds. The flesh is usually red with black seeds.



**Seedless watermelon** are the most common type. They can be round or oval and weigh from 10 to 25 pounds. The flesh is usually red but can be yellow, orange or white. They may have soft, edible white seed coats but rarely contain black seeds.



**Mini or personal watermelon** are usually seedless and weigh 1 to 7 pounds. They may have more flesh and less rind than larger watermelons.



## Store Well Waste Less

- Whole melons can be kept at room temperature for 7 to 10 days. They ripen very little after picking and begin to lose flavor and texture with longer storage. Refrigerate just before eating if desired.
- Rinse under running water before cutting.
- Cut watermelon can be kept in the refrigerator for 3 to 4 days. Put in a covered container or cover the cut surface.



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# Enjoy Watermelon

## Watermelon Salsa

### Ingredients:

- 2 cups small cubes of **watermelon**, seeds removed
- ¼ cup sliced **green onion**
- ¼ cup finely chopped **onion** (try red or sweet)
- 1 Tablespoon **vinegar**
- 1 Tablespoon chopped **cilantro**
- ¼ teaspoon **cumin**

### Directions:

1. Wash hands with soap and water.
2. In a medium bowl, mix all ingredients.
3. Refrigerate leftovers within 2 hours.

### Notes:

- Serve with burritos, tacos, fish, grilled meat, fresh vegetables or baked tortilla chips.
- Try lemon or lime juice instead of vinegar.
- Try adding corn, hot pepper or avocado.

**Makes** 2 cups

**Prep time:** 15 minutes

Go to [FoodHero.org](http://FoodHero.org) for easy, tasty watermelon recipes

## Watermelon with Lime and Chili Powder

### Ingredients:

- 2 cups cubed **watermelon**, seeds removed
- ½ **lime**
- ¼ teaspoon **chili powder** (or more to taste)
- ¼ teaspoon **salt** (optional)

### Directions:

1. Wash hands with soap and water.
2. Put watermelon in a serving bowl. Squeeze lime juice over watermelon cubes.
3. Sprinkle with chili powder and salt, if desired. Stir gently and serve right away.
4. Refrigerate leftovers within 2 hours.

### Notes:

- Try with a mix of fruit and veggies such as cantaloupe, pineapple, cucumber and mango.
- No lime juice? Try a spice mix that combines lime and chili powder.

**Makes** 2 cups

**Prep time:** 5 to 10 minutes

## Quick Fix:

- ✿ Watermelon is a classic summer treat. Just slice into triangles and eat.
- ✿ Cut into bite-sized pieces and add to fruit salads.
- ✿ Freeze chunks of watermelon to use as edible ice cubes in water, lemonade or iced tea.



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ use a plastic knife or cookie cutter to cut watermelon into cubes or fun shapes.
- ✿ measure ingredients.
- ✿ fill a blender part way and be sure the lid is on tight.

## Watermelon Cooler

### Ingredients:

- 3 cups cubed **watermelon**, seeds removed
- ½ cup **orange juice**

### Directions:

1. Wash hands with soap and water.
2. Place watermelon and juice in blender. Blend until smooth and serve right away.
3. Refrigerate leftovers within 2 hours.

**Makes** 3 cups

**Prep time:** 5 minutes

