



# Watermelon

**Plant:** Watermelons should be planted in May. They should be placed 72" away from other plants, 72" away from another row or 1-2 plants per mound, and 1" down into the soil.

**Grow:** Watermelons do best in sandy soils with added manure. They should be topped with high nitrogen/potash fertilizer, and they need warm temperatures to mature.

**Harvest:** Harvesting usually takes place in about 4-5 months. To tell if it is ready to be picked, tap on it. If it sounds hollow, that usually means it is ripe. Watermelon is also ripe when there is a little contrast between its green stripes.

Nutrition Facts	
Serving Size	
1 cup, balls (154.0 g)	
Amount Per Serving	
<b>Calories</b> 46	Calories from Fat 2
% Daily Value*	
<b>Total Fat</b> 0.2g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0.1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 2mg	<b>0%</b>
<b>Total Carbohydrates</b> 11.6g	<b>4%</b>
Dietary Fiber 0.6g	<b>2%</b>
Sugars 9.5g	
<b>Protein</b> 0.9g	
Vitamin A 18%	Vitamin C 21%
Calcium 1%	Iron 2%
* Based on a <a href="#">2000 calorie diet</a>	

## Nutritional Information:

Watermelon has the highest content of lycopene over any other fruit or vegetable. Lycopene is a beneficial antioxidant that helps fight heart disease and cancer. Watermelon is also a great source of potassium, vitamin A, and vitamin C, important for nerves and muscle function, eye health, and immune system, respectively.

**How to Prepare:** Watermelon is normally consumed raw, with or without the "pips" or black seeds. Either discard the seeds during eating, or "de-pip" the watermelon before serving. The easiest way to do this is to cut along the lines of the seeds, then cut the watermelon into bite-size pieces. Add fruit salad or use as a cold soup!



## Chilled Melon Soup

**Yields:** 4 ½ cups

**Serving size:** ¾ cup

### Ingredients

- 6 cups cubed melon
- ½ cup diced seedless cucumber
- 6 tablespoons lime juice, divided, plus more to taste
- 1 tablespoon thinly sliced scallion green, plus 1 whole scallion, divided
- 1 jalapeno pepper, plus more to taste
- 1 cup cold water
- 1 2-x-1/2-inch strip of orange zest
- ½ cup orange juice, plus more to taste
- 1 teaspoon chopped fresh ginger
- ½ teaspoon salt
- 2 tablespoons finely chopped cilantro, or mint for garnish
- 6 tablespoons plain yogurt, for garnish

### Preparation

1. Dice enough melon to measure 1 cup and combine in a small bowl with cucumber, 2 tablespoons lime juice and scallion green. Cover and refrigerate until ready to serve the soup.
2. Place the remaining melon and 4 tablespoons lime juice in a blender. Chop the whole scallion and seed and chop jalapeño; add to the blender along with water, orange zest, orange juice, ginger and salt. Blend until smooth and creamy. Taste and add more lime juice, jalapeño and/or orange juice, if desired.
3. Refrigerate the soup until chilled, 2 hours.
4. Stir the reserved diced melon mixture and divide among 6 soup bowls. Pour the soup into the bowls. Garnish each serving with cilantro (or mint) and yogurt (or crème fraîche), if using.

### Nutrition Facts per Serving:

63 calories, 0 g fat, 16 g carbohydrates, 1 g fiber, 1 g protein