



Watermelon

3 Prep and cooking tips

- While watermelons are mostly eaten fresh, they can also be served frozen, made into a juice, or added to smoothies.
- In order to make a watermelon smoothie, place small pieces of watermelon into a blender with ingredients of your choice and blend until smooth.
- Watermelon can also be grilled, added to salads, and the rind can be pickled.

2 Shopping and storage

- Watermelons should be heavy for their size and the spot indicating where the watermelon was on the ground should be a buttery yellow color.
- Store a cut watermelon in an airtight container for up to a week in the refrigerator. If the rind remains intact, wrap the watermelon in plastic wrap and store in the refrigerator for 7 to 10 days.

1 Nutrition Fact:

- Watermelon is made up of approximately 92% water, making it a great source of hydration.

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