
WATERMELON

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Selection and Storage Tips:

A good watermelon should be symmetrical, heavy for its size, and firm with no cuts or bruises. Look for the pale or buttery yellow “belly.” Tendrils (like pig tails) near the fruit stem should be dry and brown. When selecting a cut watermelon, the more red flesh and less white rind you see, the riper the melon is. White seeds usually indicate that the melon was picked too early.

Uncut melons can be stored for up to 2 weeks at room temperature depending on ripeness. Once cut, store all melon in a tightly closed container. Cut slices or chunks of melon should never be left out or held at room temperature for an extended period of time.

Use cut melon within 3-4 days.

Watermelon Nutrition:

All melons are low in calories, fat, and cholesterol. They're also sodium free.

Watermelon is a good source of Vitamins A and C. It also provides vitamin B6 and potassium. Pink watermelon contains the potent carotenoid antioxidant, lycopene, and has higher concentrations of lycopene than any other fresh fruit or vegetable, including tomatoes. A two cup serving of watermelon contains only 80 calories and counts for two of the eight servings of fruits and vegetables recommended per day.

