In Oregon, watermelons grow best in the warmer climate of the eastern part of the state.

When choosing a watermelon, pick one that is firm, heavy, and symmetrical, with a creamy yellow spot from where it sat on the ground and ripened in the sun.

All parts of a watermelon can be eaten, even the rind. The first cookbook published in the United States in 1776 contained a recipe for watermelon rind pickles.

NUTRIENTS FOUND IN WATERMELON

~ Watermelons are 92% water, which makes them a food that can help you stay hydrated.
~ Watermelon contains high levels of lycopene, a pigment that gives watermelon its red color. (The more lycopene, the redder the watermelon.) Lycopene is an antioxidant that promotes heart and immune system health.
~ Watermelons are an excellent source of vitamin C, which promotes a healthy immune system, heals cuts and wounds, and helps our bodies fight infection.
~ Watermelon is a good source of vitamin A, which is important for good eyesight and a healthy immune system.
~ Watermelons contain vitamin B6, which helps with brain development, your immune system, and maintaining normal nerve function.