

OREGON WATERMELON

Watermelon are in the same family as cucumbers, pumpkins and squash.

Egyptians placed watermelons in the burial tombs of kings to nourish them in the afterlife.

Watermelon is thought to have originated in the Kalahari Desert of Africa, where they still grow wild.



Early explorers used watermelons as canteens.

Store whole watermelons at room temperature; refrigerate cut melons.

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.



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.

