

FNP Newsletter

August/September 2016

Watermelon, Watermelon Everywhere!

And not a drop...oh, no, wait, that's not right.

But seriously folks, how do you suppose watermelon got its name?

About 91% of watermelon, by weight, is water. Maybe that's the reason a full cup of watermelon contains only 46 calories. Speaking of percentages, based on a 2,000 calorie diet, one cup of this juicy goodness also contains 18 % of your recommended daily allowance of vitamin A and 21 % of vitamin C. 1 cup of watermelon also provides 173 mg of potassium (5%DV), 0g Fat and 0g Cholesterol, making it a heart-healthy food.

I should also mention, watermelon is a delicious and versatile food and it's in season in the panhandle June-August. Of course watermelon is great as a stand- alone dish, but if you feel like "fancying" it up a bit try these tips:

- Drizzle watermelon chunks with a mixture of equal parts vanilla and plain yogurts with a little fresh lime juice added.
- Blend watermelon chunks until smooth and pour into ice cube trays. Once frozen, add to unsweetened iced tea.
- Add bite-sized watermelon to crisp salad greens, top with chopped nuts and a light dressing.
- Blend 2 cups of seedless watermelon with 2 cups ice water and 1 tablespoon of honey for a refreshing drink. Serve in a pretty glass and garnish with fresh mint sprigs.

Although I have never tried it, I understand some people even grill watermelon. Below is an easy to do recipe that is also easy on the budget.

Grilled Watermelon

Remove rind from seedless watermelon

Cut melon into 1" thick squares of whatever size you like (4x4 is recommended)

Brush melon lightly with olive oil

Place melon onto hot grill pan or outdoor grill for 1 minute on each side

Serve as a side dish or as topping to a salad. Note: feta cheese pairs well with this.

For more information on melons see attached Produce Pointer.

Nutrient data provided by USDA.



MELONS



The taste and fragrance of a cool, juicy slice of fresh melon in the summer just can't be beat. Melons have been a favorite fruit for many centuries. They appear in Egyptian tomb paintings dated to 2400 B.C., and they are mentioned in the writings of the early Greeks and Romans. Mark Twain called watermelon "the food that angels eat."

USES & PREPARATION

Watermelon, honeydew, and cantaloupe are excellent cut up in salads, as a dessert, or alone as a cool, refreshing snack anytime. To save space and cooling time in the refrigerator, cut up the melon and cover tightly with plastic wrap.

SELECTION

Thumping **watermelon** to judge ripeness is not always accurate, because you can't tell if it is ripe or overripe. Instead, look for a well-proportioned melon with full ends, a dull outer skin, and the bottom a yellowish color, or turning from white to pale green.

Cantaloupe should have no sign of a stem, be nicely rounded, and the netting should be evenly distributed. Golden-colored melons with a mild melon odor are at the peak of ripeness, while green ones will ripen in a few days if kept at room temperature.

A ripe **honeydew melon** has a creamy yellow rind that is soft and velvety. The best-tasting honeydew smells slightly fruity.

Hold a honeydew at room temperature for a few days for even tastier fruit.



NUTRITION INFORMATION

Low in sodium

Low in calories

Good source of vitamin A

AVAILABLE FRESH
June–August

RECIPES

MELON SALAD

Arrange balls or slices of watermelon, cantaloupe, or honeydew melon, alone or in combination, on lettuce.

Serve with French dressing.
Diced apples, diced pears, nuts, and chopped celery may be added for variety.



CHICKEN & WATERMELON SALAD

5 chicken breasts, boned, skinned, cooked and cubed
3 cups watermelon, cubed
3 cups pears, cored and cubed
1/2 pound sliced mushrooms
1/2 pint low-calorie Italian dressing

Combine all ingredients; toss gently. Refrigerate one hour, stirring occasionally. Serve on a bed of lettuce.



www.panhandleproducepointers.com

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