



Watermelon

A Cut Above the Rest!

Safe Handling

1. Wash hands thoroughly with soap and water.
2. According to the FDA, wash ALL fruit and vegetables, including all melons with rinds, in clean, running water before cutting or eating. Don't forget to dry it too.
3. Wash all food-contact areas and equipment, such as cutting boards, counter tops, peelers and knives with hot water and soap to avoid cross contamination.
4. Maintain the temperature. If the watermelon is delivered at room temperature, keep it at room temperature. If it came in refrigerated, keep it cold.
5. Cover and refrigerate any cut watermelon immediately.



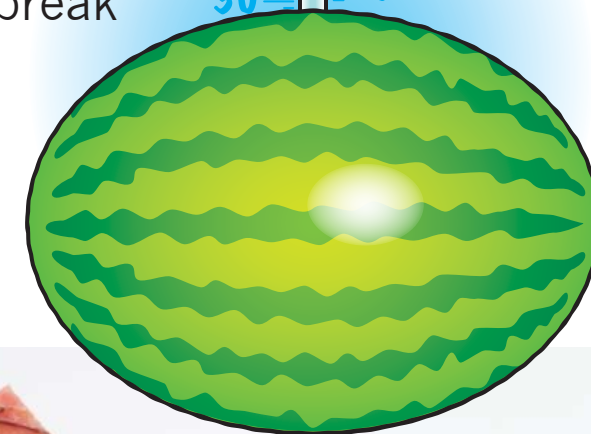
Fresh!



Storage

Store Watermelon on the Warm Side. Watermelons need a more "tropical" climate. A thermometer reading of 55° F is ideal. However, whole melons will keep for 7 to 10 days at room temperature. Store them too long, and they'll lose flavor and texture. After a watermelon is cut, it can be wrapped and stored – at 36° - 39°F for up to 3-4 days.

Lower Temperatures Cause Chill Injury. After two days at 32° F, watermelons develop an off-flavor, become pitted and lose color. Freezing causes rind to break down and produces a mealy, mushy texture.



Yield

Cups: There are approx. 3.2 cups per pound, so the yield is approximately 1½, 2-cup servings per pound.

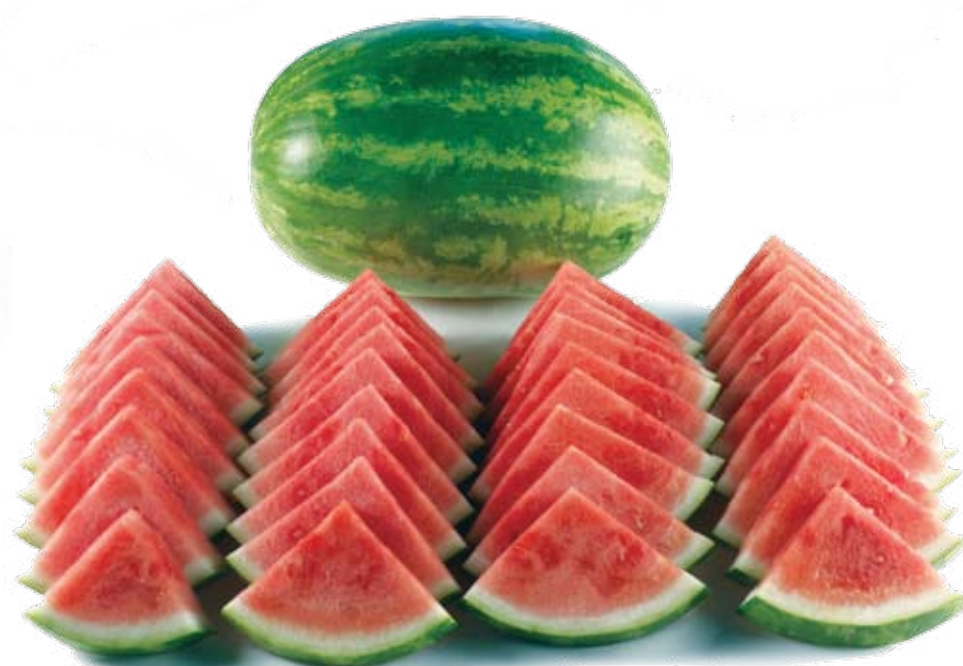


Yield by Percentage of Weight:

1 whole watermelon is 70% edible watermelon + 30% rind. For example, the average 20-pound watermelon yields 14 pounds of edible fruit, leaving 6 pounds of rind.

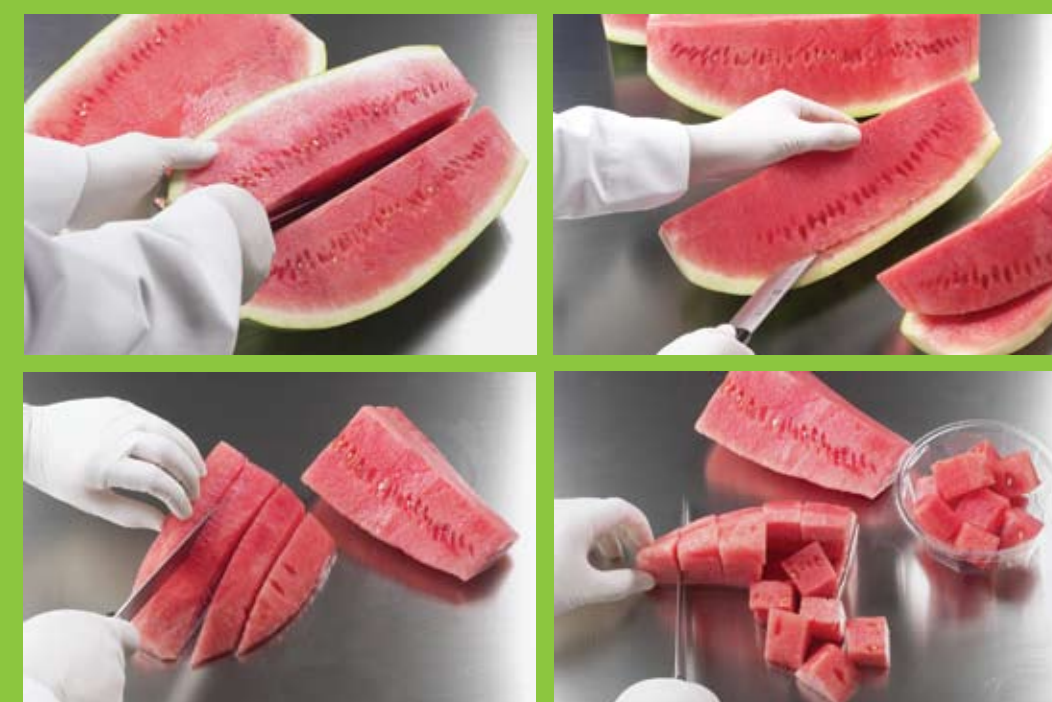


A 12-lb. watermelon yields 30 1-cup servings or 40 wedges.



A 12-lb. watermelon yields about 40 3.5-ounce wedges.

Easy to Cut



For more information visit www.watermelon.org.