How to use
THE WHOLE WATERMELON

#UseTheWholeWatermelon
Re-Think Watermelon!

CHECK OUT THESE WATERMELON HEALTH FACTS:

Watermelon is a source of **ANTIOXIDANTS, VITAMINS A AND C, LYCOPENE AND POTASSIUM.**

Watermelon offers hydration and replenishing nutrients, including **CITRULLINE AND ELECTROLYTES.**

The **ANTIOXIDANTS** found in watermelon may aid in recovery after exercise.

DID YOU KNOW: 80% of Americans buy watermelon because it tastes good, yet less than half of people (49%) are aware of the health benefits watermelon provides.

At **92% WATER**, watermelon is ideal for rehydrating, refueling and recovering.

It’s time to think about watermelon in a different way: as a pre- and post-workout fuel, in addition to everyday fuel.

**TRY THESE POST-WORKOUT RECIPES!**

- Watermelon Beet Post-Workout Smoothie
- Watermelon Oatmeal Smoothie
- Super Green Detox Smoothie
- Watermelon Protein Bites

**DID YOU KNOW** there are 10 grams of protein in one ounce of sprouted, shelled and dried watermelon seeds?

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2 Recipe credit: Anya Shinall, author of AnyasEats.com, winner of Go Raw’s 2016 Recipe Contest featuring watermelon and sprouted watermelon seeds.
For watermelon recipes, images and inspiration, contact Stephanie Barlow at 407.657.0261 x202 or sbarlow@watermelon.org, or visit watermelon.org.
**Watermelon Poke Bowl**

**INGREDIENTS:**
- ¼ cup low-sodium soy sauce
- 1 teaspoon sriracha chili sauce
- 1 teaspoon sesame oil
- 2 green onions, cut on the diagonal with whites and greens separated
- 3 medium clove of garlic or 2 large clove garlic, minced
- ½ tablespoon minced ginger root
- ½ white onion, thinly sliced
- ¾ pound ahi tuna, cut into ½-inch cubes
- 1 small, firm avocado, diced
- ⅔ cup diced watermelon
- ¼ teaspoon sesame seeds
- Pickled ginger (sushi ginger or gari)

**DIRECTIONS:**
1. In a medium bowl, mix soy sauce, chili sauce, oil, the white portion of green onions, garlic, ginger root and onion. Add tuna, toss and refrigerate for 30 minutes.
2. Ten minutes before serving, add avocado and return to refrigerator.
3. Plate as desired* and top with watermelon and green onions, then sprinkle with sesame seeds. Serve with pickled ginger.

Makes 4 cups total.

*Watermelon Poke Bowls can be served as individual portions over rice (seasoned with a touch of rice wine vinegar) as a main dish, in small serving bowls as an appetizer or side dish, or on a large platter for a buffet. Garnish with seaweed for extra Hawaiian flare.

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**Watermelon Rind Stir Fry**

**INGREDIENTS:**
- 2 cups watermelon rind, julienned (white part only, from about ½ of a seedless watermelon)
- 1 cup julienned carrots
- 1 inch piece of ginger, minced
- 1 clove garlic, minced
- ½ cup chives, cut into 3 inch pieces
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 1 tablespoon fish sauce
- 2 teaspoons sesame oil
- ½ cup fresh basil leaves, torn
- ¼ cup mint leaves
- ¼ cup cilantro leaves
- Crushed red pepper flakes (optional)

**DIRECTIONS:**
1. Heat sesame oil in a wok over high heat. Add the watermelon rind and carrots and stir fry, stirring constantly, for 1-2 minutes. Let sit over high heat for 1 additional minute without stirring.
2. Add the chives and stir to combine.
3. In a small bowl, whisk together the honey, soy sauce, fish sauce, garlic and ginger.
4. Pour the sauce over the watermelon rind and cook, stirring, 30 seconds to 1 minute until fragrant.
5. Transfer to a serving dish. Add the basil, cilantro, and mint, tossing to combine.
6. Sprinkle with red pepper flakes, if desired, and serve as a side dish.

Makes 4 servings.

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#UseTheWholeWatermelon
HOW TO SELECT A WATERMELON

Only half (50.8%) of people know how to select a watermelon.*

Here’s how. It’s as easy as 1, 2, 3.

1. **Look the watermelon over.** Look for a firm, symmetrical watermelon that is free from bruises, cuts or dents.

2. **Lift it up.** The watermelon should be heavy for its size. Watermelon is 92% water, most of the weight is water.

3. **Turn it over.** The underside of the watermelon should have a creamy yellow spot (also called “the ground spot”) from where it sat on the ground and ripened in the sun.


HOW TO WASH A WATERMELON

Less than 40% of people wash their watermelon before consuming.*

Here’s how to do it!

1. **Rinse watermelon** with cool water

2. **Scrub watermelon** using a firm produce brush

3. **Dry watermelon** with paper towels

#UseTheWholeWatermelon

When storing cut watermelon in glass or plastic containers, it should keep in the refrigerator for at least three days.

Watermelon Fast Facts

You can feed up to three dozen people from just one watermelon.

According to a 2010 study by the Perishables Group, watermelon ranks #1 on the list of budget-friendly fruits, at only 14¢ per serving.

By weight, watermelon is the most-consumed melon in the United States, followed by cantaloupe and honeydew.

One big slice of watermelon equals 8 ounces of H2O!
100% of watermelon is usable and compostable: 70% flesh + 30% rind.

AN AVERAGE 15-20 lb. seedless watermelon yields about 11 cups of cubes and 6 cups of juice.

FROM DEEP REDS AND PINKS, to oranges, yellows and white, watermelon flesh adds a sunset of hues and sweet flavors to dishes year-round.

FEATURE AS A KEY INGREDIENT or simply enjoy a classic wedge out of hand.

AT 92% WATER, watermelon is an excellent choice for staying hydrated.

OVERRIPE WATERMELON? Don’t throw it away. Instead, juice or puree it to retain the value and nutrition.

GET MORE from your watermelon. The rind is edible, and sometimes used as a vegetable.

RINDS can be stir-fried, stewed or pickled.

LOOK for grab-and-go spears, wedges, cubes and halves in the produce aisle year-round.

CREATE EASY MEALS in minutes by tossing fresh cuts into salads and beverages.

Minis or “personal watermelons” are easy to handle and have thinner rinds.

HOLLOW THEM OUT for a compostable bowl (and fill it with your favorite fruit salad featuring watermelon)!
The flavor, texture and color of watermelon pairs well with so many ingredients. Use this pairing guide for recipe inspiration!

### VEGETABLES
- Arugula
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chillis
- Cucumbers
- Jicama
- Kale
- Leafy Greens
- Onion
- Peppers
- Watercress
- Zucchini

### DAIRY
- Blue Cheese
- Cream
- Feta
- Fresh Mozzarella
- Goat Cheese
- Gouda
- Parmesan
- Pepper Jack
- Sour Cream
- Yogurt

### HERBS
- Basil
- Cilantro
- Dill
- Ginger
- Lemongrass
- Mint
- Parsley
- Rosemary
- Sage
- Thyme

### SPICES
- Allspice
- Cajun
- Cloves
- Cayenne
- Coriander
- Dill
- Cumin
- Garlic
- Jerk Spice
- Ginger
- Paprika
- Salt
- Tamarind
- Pepper
- Turmeric
- Vanilla

### FRUITS
- Avocado
- Berries
- Coconut
- Grapefruit
- Lemon
- Lime
- Mango
- Orange
- Other Melons
- Pineapple
- Pomegranate
- Tomato

### DRESSINGS/SAUCES
- Agave
- BBQ Sauce
- Balsamic Vinegar
- Caramel
- Chimichurri
- Chocolate
- Dijon Mustard
- Honey
- Mayonnaise
- Olive Oil

### GRAINS/NUTS/BEANS/LEGUMES
- Almonds
- Black Beans
- Cashews
- Edamame
- Kamut
- Quinoa
- Rice
- Sunflower Seeds
- Walnuts

#UseTheWholeWatermelon
Greetings! It’s clear more than ever that people care not only about taste, but also nutrition and the environment. That’s a tall order, but one that watermelon can deliver! In this kit, we offer a variety of ways to get inspired with watermelon, including innovating ways to use the whole watermelon with creative recipes and carvings, nutrition facts, new survey data and more.

As you prepare watermelon coverage, I’d be happy to provide complete recipes, images and interviews with myself or registered dietitian Elizabeth Somer, MA, RD. I look forward to hearing from you!

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