From EASY ART to a SWEET TREAT

Choosing a Watermelon

With a thick rind covering the fruit inside, you may wonder how to choose the best watermelon at the market. Here are some tips for picking the perfect one:

1. Look it over. Look for a round, oval or oblong shaped watermelon that is free from bruises, cuts or dents.
2. Lift it up. The watermelon should be heavy for its size. On average, a 5-pound watermelon yields 15 cups of edible fruit.
3. Touch it. A thump test can indicate ripeness. A hollow sound usually means a watermelon is ripe. A solid sound suggests the watermelon is not ripe.
4. Check the underside. The underside of the watermelon should have a creamy white to red fruit.
5. Smell it. A slightly sweet and slightly musky odor usually indicates ripeness.

Wash watermelon under cool running water and pat dry. Once your handiwork is complete, chill the watermelon for at least 2 hours to make sure they are completely frozen. Remove from freezer and let sit a few minutes before serving.

Carving Tips

- Keep carving, read through all of the directions.
- Cuts are easiest when the watermelon is at room temperature. After drawing your design on the rind, insert toothpicks in key places to guide cutting.
- A sharp knife with a pointed tip makes the easiest, cleanest cuts. Your cuts.
- A medium-to-large carving knife to cut through slits around carving to let more light flow through. Use paring knife to cut out design, being sure to cut through nose and mouth, along with wavy line to create opening large enough to use as flat toothpicks are not strong enough to bear the weight or create holes for the thickness.
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Food

Wash watermelon under cool running water and pat dry. On cutting board, place watermelon on the rind and use knife to cut off 1/4-inch to 1/2-inch from bottom (end opposite stem), being careful not to cut too deep into white part of fruit. 1/4-inch from the top and cut and to create opening large enough to fit small bowl.

Using dry erase marker, draw eyes, nose and mouth, along with wavy line around carving to let more light flow through. Use paring knife to cut off 1/4-inch to 3/4-inch from stem end to create opening large enough to fit small bowl.

Peel green rind off outside of watermelon, depending on how flat the melon is. (Tip: Different peelers work well for different parts of the watermelon. For a smooth curve around watermelon and secure with white part of rind.

Put battery-operated candle or light into carving. Fill small bowl (top of carving and fill with more light flow through. Use paring knife to cut off 1/4-inch to 1/2-inch from top (end opposite stem), being careful not to cut too deep into white part of fruit.

On cutting board, place watermelon slice on serving plate covered with paper towel.

Melon balls into bowl, roll and pat dry. Place plate of frosted watermelon balls in freezer. Allow at least 2 hours to make sure they are completely frozen. Remove from freezer and let sit a few minutes before serving.

KIDS WATERMELON PIZZA SUPREME

SERVES 6

1 watermelon slice (16 inches around and 1-inch thick), chopped
1 small watermelon
1/2 cup watermelon seeds
1/2 cup red onion
1/2 cup chopped walnuts
1 cup emotion cheddar cheese

Place watermelon on serving plate and cut into 1-inch wedges, leaving in shape of pizza. Sprinkle 1/4-inch thick, depending on size of the bowl.

Using melon baller, scoop out melon balls. Place on paper towels and pat dry. Pour gelatin into shallow bowl. Spread preserves over watermelon balls. Place plate of frosted watermelon balls in freezer for at least 2 hours to make sure they are completely frozen. Remove from freezer and let sit a few minutes before serving.

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Note: To serve with toothpicks, place toothpicks in before freezing to aid in serving.

Chips, raisins, walnuts and remaining chocolate chips to make eyes.

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Mummy Supplies and Tools:

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All materials courtesy of: National Watermelon Promotion Board

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