Americans consume more of it than any other melon.

Blue cheese tastes great with it. Combine in a salad.

Citrulline can help maintain blood flow in the heart.

Dice it up and skewer with turkey and cheese for a fun kabob.

Egypt held the first recorded harvest 5,000 years ago.

Favorite idea – enjoy as an appetizer to curb hunger.

Grill slices and serve with ribs, chicken, or shrimp.

Hydrate with watermelon straight from the store or juice it.

Inspect it. Choose a firm, symmetrical one without bruises.

Jack O’Melons are a fun twist on Halloween, with tastier insides.

Kalahari Desert in Africa is its place of origin.

Leader of lycopene, an antioxidant, in fresh fruits and vegetables category.

Mix with peach yogurt and pineapple for a sweet smoothie.

Never out of season. It’s available year-round!

One watermelon can feed over three dozen people.

Potassium (9%), Magnesium (7%), and Thiamine (6%) source.

Quick “cupcakes” with cream cheese frosting and sprinkles.

Slices can be pickled and are delicious with grilled burgers.

Seedless watermelons were invented over 50 years ago.

Two - three hundred varieties grow in U.S. and Mexico.

Use seedless slices on your sandwiches.

Vitamin A helps you see better. Found in watermelon & other fruits.

Water – you can’t spell watermelon without it. It makes up 92% of it!

Wax out junk food for kids and replace with this sweet treat.

Yellow and orange are two different types you can try.

Zero saturated fat, cholesterol and sodium in a standard serving.