

The **A,B,Cs** of **Watermelon**

Plus 23 more tasty tidbits, truths, and facts

- A**mericans consume more of it than any other melon.
- B**lue cheese tastes great with it. Combine in a salad.
- C**itrulline can help maintain blood flow in the heart.
- D**ice it up and skewer with turkey and cheese for a fun kabob.
- E**gypt held the first recorded harvest 5,000 years ago.
- F**avorite idea – enjoy as an appetizer to curb hunger.
- G**rill slices and serve with ribs, chicken, or shrimp.
- H**ydrate with watermelon straight from the store or juice it.
- I**nspect it. Choose a firm, symmetrical one without bruises.
- J**ack O'Melons are a fun twist on Halloween, with tastier insides.
- K**alahari Desert in Africa is its place of origin.
- L**eader of lycopene, an antioxidant, in fresh fruits and vegetables category.
- M**ix with peach yogurt and pineapple for a sweet smoothie.
- N**ever out of season. It's available year-round!
- O**ne watermelon can feed over three dozen people.
- P**otassium (9%), Magnesium (7%), and Thiamine (6%) source.
- Q**uick “cupcakes” with cream cheese frosting and sprinkles.
- R**inds can be pickled and are delicious with grilled burgers.
- S**eedless watermelons were invented over 50 years ago.
- T**wo - three hundred varieties grow in U.S. and Mexico.
- U**se seedless slices on your sandwiches.
- V**itamin A helps you see better. Found in watermelon & other fruits.
- W**ater – you can't spell watermelon without it. It makes up 92% of it!
- X**- out junk food for kids and replace with this sweet treat.
- Y**ellow and orange are two different types you can try.
- Z**ero saturated fat, cholesterol and sodium in a standard serving.

