



## Everyday Value All Year Long

**Watermelon is  
70% flesh, 30% rind,  
100% edible!**

At only 17¢ per serving, it's  
the best value in the produce  
section among fruit.

**And you can enjoy  
watermelon year-round.**

From May to September,  
watermelon is available from  
more than 30 states in the U.S.  
Then, from October to April, it's  
available from Central America –  
mostly Mexico, Guatemala  
and Honduras.



## How to Choose the Best Watermelon



**Look it over.**

A firm symmetrical watermelon free from  
bruises, cuts or dents is best.



**Lift it up.**

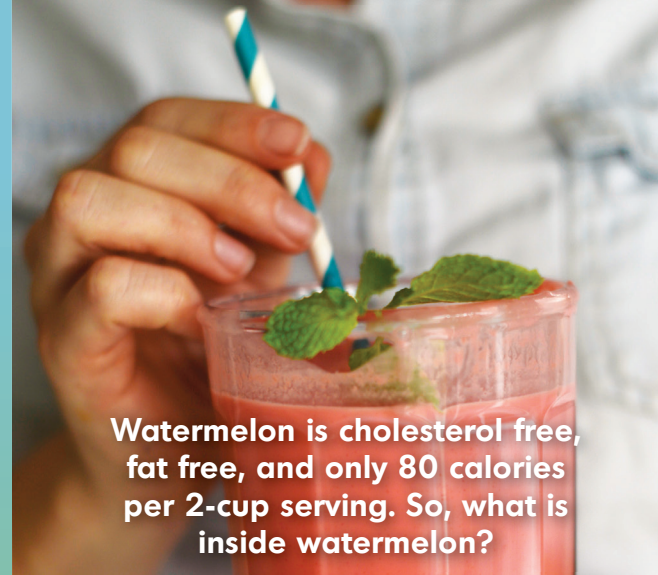
It should be heavy for its size.  
Most of its weight is water!



**Turn it over.**

Make sure it has a creamy, yellow  
spot on its underside. That's where  
it sat on the ground and ripened in  
the sun.

## Everyday Health



**Watermelon is cholesterol free,  
fat free, and only 80 calories  
per 2-cup serving. So, what is  
inside watermelon?**

92% water. It's ideal for refreshing,  
replenishing and refueling.

Vitamin A, important for optimal eye  
health and boosting immunity.

Vitamin B6, which may help break down  
protein, a good source of workout fuel.

Vitamin C, an antioxidant, that can  
help boost immunity against viruses.

Lycopene, which is studied for its  
protection from harmful UV rays.

Citrulline, an amino acid, that may  
help maintain blood flow.

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# Watermelon *Every Day!*



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## Flesh



### Grilled Watermelon and Kale Salad

Cut **small, seedless watermelon** into **1"-thick wedges**. Preheat grill to high. Brush watermelon with **olive oil** and season with **salt and pepper** on both sides. Grill each side for 2-3 minutes, creating grill marks. Set watermelon aside. Remove stems from **1 bunch of dinosaur kale** and julienne leaves. Place in large bowl with **2 cups torn, baby kale** and top with **6 oz. crumbled goat cheese** and **1/2 cup slivered, toasted almonds**. Whisk together **1/2 cup olive oil**, **1/4 cup balsamic vinegar**, **1 clove crushed garlic**, **1 tbsp. honey**, and **salt and pepper** to taste. Toss salad with dressing. Serve with 1-2 watermelon wedges.



### Watermelon Lemonade

Place **1/2 cup lemon juice**, **2 1/2 cups water**, **2/3 cups agave syrup**, and **2 cups watermelon chunks** in a blender and blend until smooth. Serve over ice. Makes about 5 cups.

## Juice

# Use the Whole Watermelon



Go to **watermelon.org** for recipes, carvings and more.

## Rind



### Watermelon Rind Pickles

In large pot, bring **4 cups water** and **1 tbsp. coarse salt** to boil over medium high heat. Add **2 cups peeled watermelon rind (with a thin layer of pink)**, cut into **1" x 1/2" x 2" pieces**, boiling until tender. Strain. Transfer rinds to large metal bowl. In saucepan, combine **3/4 cups granulated sugar**, **1 allspice berry**, **1/2 cup cider vinegar**, **4 peppercorns**, **4 whole cloves**, **1/2 tsp. pickling spice**, **1 long slice fresh ginger root**, **1/4 tsp. celery seeds**. Bring to a boil over medium high heat, stirring until sugar dissolves. Simmer for 15 minutes, until slightly reduced. Pour over watermelon rinds in bowl. Place plate on top, keeping rinds submerged. Cover and refrigerate for one day. Transfer to glass jar and keep sealed in refrigerator for up to 2 weeks. Makes about 4 cups.



### Watermelon Cactus Bowl

Create this carving with step-by-step instructions, including photos, at [watermelon.org](http://watermelon.org)

## Whole watermelon