

# WATERMELON



Watermelons are large and oval. They have a sweet, juicy red or yellow inside. Some watermelons have seeds and some do not. Watermelons are native to the Kalahari desert of Southern Africa. They are from the Cucurbitaceae family. Their family also includes cucumbers, squash, and pumpkins. Watermelons are considered both a fruit and a vegetable. Scientifically, watermelons are fruits. It is considered a vegetable because it is planted from seeds, harvested, and cleared from the field like other vegetables. There are over 1,200 varieties of watermelon grown across 96 countries worldwide.

Watermelons are both tasty and nutritious! Every part of the watermelon can be eaten, even the rind and seeds. The seeds are a great source of amino acids. Watermelons are 92% water and help your body stay hydrated. The antioxidant, Lycopene, makes the inside of the watermelon cherry red. Lycopene helps protect us from the sun and keep our heart healthy. One serving of watermelon also provides 30% of the vitamin A you need each day. Vitamin A promotes good vision and healthy skin. Watermelon also provides potassium. Potassium is needed for heart and muscle growth.



Rush Springs, OK has a Watermelon Festival which has taken place every year on the 2nd Saturday in August since 1948.

## Watermelon Lemonade



4 cups chopped watermelon  
1 ½ cups sugar  
2 cups lemon juice

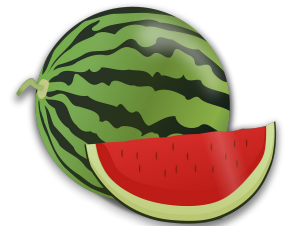
7 cups water  
½ tsp salt  
2 cups ice

Bring the water, sugar, and salt to a boil in a pot on high heat, stirring occasionally. Remove pot from heat and set aside. Puree the watermelon in blender until smooth. Pour watermelon puree through a strainer into a pitcher. Stir in sugar water and lemon juice. Top with ice and enjoy!

Watermelons  
grow best  
when it is  
70°-90° F.

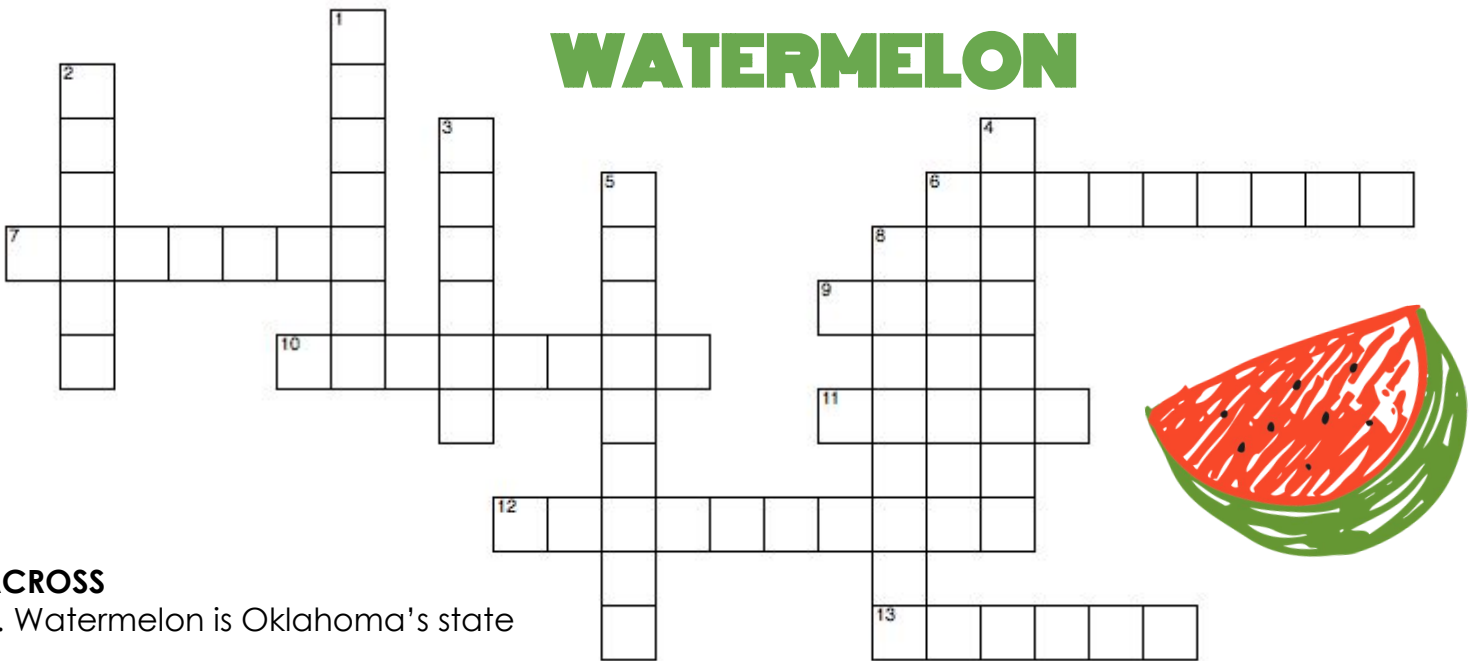


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Rush Springs  
Watermelons!



Watermelon is  
Oklahoma's state  
vegetable

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## ACROSS

6. Watermelon is Oklahoma's state \_\_\_\_\_

7. Watermelons are related to this fall vegetable because they are in the same family

9. The outside of the watermelon is called the \_\_\_\_\_

10. An antioxidant found in the watermelon that makes it red inside

11. Watermelons are made of 92% \_\_\_\_\_

12. If you choose to eat watermelon seeds, they are actually a great source of these

13. Country where watermelons originated

## DOWN

1. Watermelon seeds grow best in temperatures from \_\_\_\_\_ to ninety-five degrees

2. The month that Rush Springs has its Watermelon Festival every year

3. How a ripe watermelon should sound when you thump on it

4. A watermelon without seeds

5. Watermelons are grown in 96 \_\_\_\_\_ around the world

8. One serving of watermelon provides 30% of this nutrient



A ripe, juicy, ready-to-eat watermelon will be heavy for its size. When you thump it, it will sound hollow.

## Watermelon Salsa

- 1 seedless watermelon (about 15 lbs)
- 1 green bell pepper - chopped
- 1 red bell pepper - chopped
- 1 yellow bell pepper - chopped
- 1 orange bell pepper - chopped
- 2 jalapeno pepper - seeds removed & chopped
- 1 onion - finely chopped
- $\frac{1}{3}$  cup lime juice
- 1 bunch cilantro - finely chopped
- 1 tsp garlic powder
- 1 pinch of salt



Instructions:  
Mix all ingredients together in a large bowl and enjoy!