



## Produce Tips

- When selecting a watermelon, choose one that does not have any flat spots.
- The stem should be dry and brown, and the color should be a dull green except for a yellowish spot where it laid on the ground. If that spot is green or white, the watermelon is not ripe. If the watermelon looks waxy and shiny, it is too ripe.
- Then there is the THUMP! Thumping the melon should make a hollow and deep echo sound. If it sounds high pitched, it's most likely not ripe.



## Fun Facts!

By weight, watermelon is the most consumed melon in the United States.

This melon belongs to the Cucurbitaceae family, which means that it is a cousin to cucumbers, pumpkins, and squash.

At 92% water, watermelon delivers needed fluids and nutrients to the body, including lycopene – which has been studied for its potential role in reducing risk of heart disease, various cancers and skin protection against harmful UV rays.

According to Guinness World Records, the world's heaviest watermelon was grown by Chris Kent of Sevierville, Tennessee in 2013, weighing in at 350.5 lbs.



## Make It

### Breakfast Banana Split

#### Ingredients:

- 1 Banana
- 2-3 Scoops of watermelon from half a watermelon (whole or mini)
- 1/3 cup chocolate granola
- 1/2 cup berries of choice (strawberries, raspberries, blueberries)
- 1/2 cup strawberry yogurt
- Coconut shreds, for topping (optional)

#### Directions:

1. Peel banana and split lengthwise into two halves. Arrange on plate/bowl.
2. Using an ice cream scoop, scoop into half a watermelon and put three scoops of watermelon on top of the banana.
3. Add granola, berries and optional toppings.
4. Drizzle yogurt on top.
5. Enjoy!

Recipe developed by Watermelon.org

## Helpful Hint

The flavor of watermelon can be enhanced by a squeeze of lemon or lime juice. Serving it chilled with a little bit of chopped mint is another tasty option.