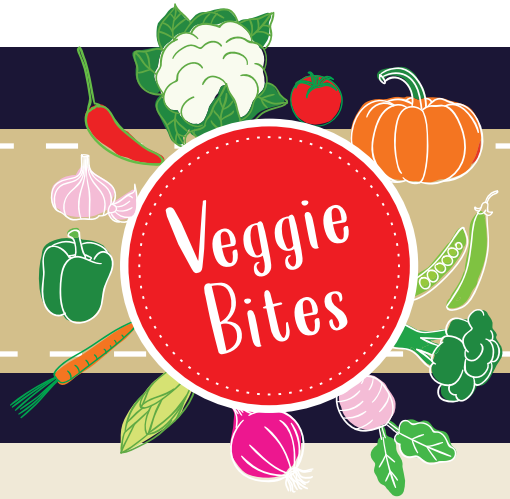


# Watermelon Sandia



Try It!



## Selection

Watermelons are usually round or oblong and weigh 5 to 30 pounds. They have a smooth, green rind which is not eaten. Most watermelons have red flesh but there are orange and yellow-fleshed varieties. Some have seeds and some are seedless. Watermelons are fruit which grow on vines.

## Uses

Watermelon is wonderful eaten alone. It can be added to fruit salads, salsa, cool drinks or desserts.

The outer skin can be cut into decorative bowls as well!

## WATERMELON GAZPACHO

### Ingredients

- 4 cups cubed, seeded watermelon (divided)
- 1 cucumber (peeled, coarsely chopped, divided)
- 1 clove garlic (minced)
- 2 tablespoons chopped onion
- 2 teaspoons lime juice
- 1 teaspoon olive oil
- 1 tablespoon chopped fresh basil
- 1/8 teaspoon ground black pepper
- 1/2 jalapeno pepper, seeded and chopped (optional)

### Instructions

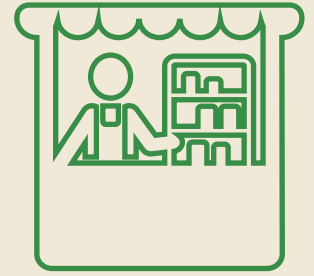
1. In a small bowl, mix 1 cup of cubed watermelon and 1/2 of chopped cucumber, set aside.
2. Process remaining ingredients in a food processor or blender until pureed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.

# History & Fun Facts

Watermelon originated in Africa over 5,000 years ago. By the 10th Century, watermelons were being grown in China, which is today the world's largest watermelon producer. Americans eat about 17 pounds of watermelon a year.

There are more than 50 varieties of watermelons grown in the U.S. there are four general categories: Allsweet, Ice-Box, Seedless, and Yellow Flesh. 44 states grow watermelon commercially. The top producers are Georgia, Florida, Texas, California, and Arizona.

Watermelons are a melon. Melons are in the same gourd family as squash and cucumbers.



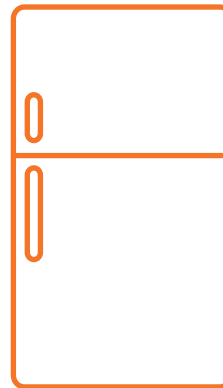
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

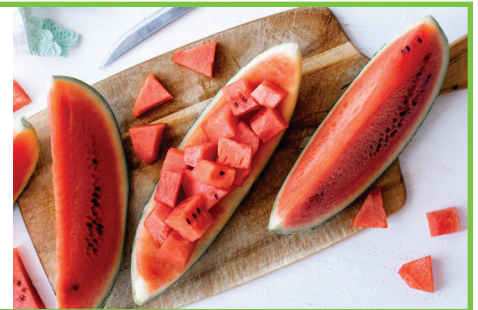
## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Rinse produce before cutting or peeling as bacteria can get into produce once it is cut/peeled
- Be sure to refrigerate cut/peeled produce within two hours.
- Dry produce with clean towel/cloth to reduce bacteria.



### NUTRITION FACTS

- \_\_\_\_\_ Fat free
- \_\_\_\_\_ Cholesterol free
- \_\_\_\_\_ Very low sodium
- \_\_\_\_\_ Good source of Vitamin A
- \_\_\_\_\_ Good source of Vitamin C



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



## FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.org](http://www.5aday.org); <https://whatscooking.fns.usda.gov>

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