



Harvest of the Month

Watermelon

Nutrition Information

- Excellent source of vitamin C.
- Good source of vitamin A.
- Contain Vitamin B6 which is good for a healthy immune system, nervous system, and brain development.
- Watermelons have a great source of water and can help you stay hydrated.

Selection and Storage

- Keep whole watermelon at room temperature for up to a week.
- Wash before cutting in running cold water.
- Store cut watermelon in a container with a cover in the refrigerator for up to three days.

Fun Facts

- Watermelon is a member of the gourd family along with pumpkins, squash and cucumbers.
- Originated from Africa.
- A yellow spot on the bottom of a watermelon indicates ripeness.
- Watermelons were used as canteens by early explorers.
- The pigment that makes watermelon flesh red is called lycopene. Lycopene is an antioxidant which helps promote heart health and a healthy immune system.
- Watermelon is available August through October.



Recipes

While there aren't many credible recipes available that incorporate Watermelon, it is great in salads and more. You can craft or modify your own Watermelon recipe; just ensure its credibility by utilizing the [USDA Recipe Analysis Workbook \(RAW\)](#).

- [Watermelon Pop - National CACFP Sponsors Association](#)
- [Watermelon and Fruit Salad | Food Hero | Recipe](#)
- [Watermelon Salsa | Food Hero | Recipe](#)



Educational Resources

- [WSDA Watermelon Poster](#)
- [Watermelon - Healthy South Dakota](#)
- [Watermelon - Classroom Connections - Oregon Harvest for Schools](#)
- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their resources for Watermelon that include: [Watermelon Basics Information Sheet \(Spanish\)](#), [Watermelon Coloring Sheet \(Spanish\)](#) and [Garden activity \(Spanish\)](#).
- [Harvest For Healthy Kids](#) has fantastic activity kits for a variety of produce items including Watermelon. Activity kits include activity plans, picture cards in, teacher & family newsletters in English, Spanish and Russian, as well as recipes.
- [Garden Lesson Plan - Growing Minds \(K-2\)](#)

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).