



Fun Facts:

- Numerous watermelon seeds were recovered from the tomb of Pharaoh Tutankhamen.
- Only four US states grow watermelons with GEORGIA, Florida, Texas, and California, consistently leading the country in production.
- Watermelons come in about 1200 varieties world-wide. The flesh color of the



watermelon can be white, red, yellow or orange.

Watermelon Kabobs

Makes: 16 servings

Ingredients

- 1/2 small seedless watermelon (rind removed, about 7 lbs)
- 1 pound large seedless green grapes (removed from stems)
- 1 pint blueberries
- 1 lime
- 2 tablespoons sugar



Directions

1. Have ready sixteen 6 to 8-in. wooden skewers, and line a rimmed baking sheet with plastic wrap.
2. Cut watermelon in chunks. Alternating fruits, thread on skewers. Arrange on baking sheet, cover with plastic wrap and refrigerate until serving.
3. Grate zest and squeeze juice from lime. Put zest, lime juice and sugar in a small bowl, let stand for 10 minutes, then stir until sugar dissolves.
4. Just before serving, drizzle or brush kabobs with lime syrup. Transfer to serving platter.

6.

Watermelon Gazpacho:

Makes: 4 Servings

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 jalapeño pepper, seeded and chopped

Directions

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 puréed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.

Watermelon: 1 cup diced	
Calories	46
Protein	1 gram
Fat	0
Carbohydrate	11 grams

Fiber 1 grams

Calcium 10.6 mg