

# Watermelon

Watermelons are usually round or oblong and weigh 5 to 30 pounds. They have a smooth, green rind (thick skin) 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.**

**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.

**44 states grow watermelons 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.

## VARIETIES

There are more than 50 varieties of watermelons grown in the United States. There are four general categories: Allsweet, Ice-Box, Seedless and Yellow Flesh.



## NUTRITION FACTS

- Fat free
- Cholesterol free
- Very low sodium
- Good source of vitamin A
- High in vitamin C

## USES

Watermelon is wonderful eaten alone. Add to fruit salads, salsa, cool drinks or desserts.

**Many watermelons are grown in Nebraska.**



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