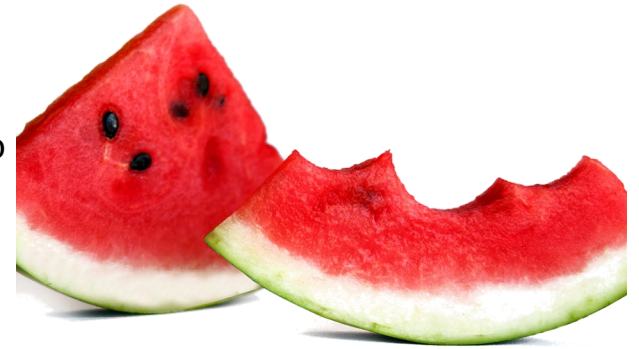


Watermelons

Watermelons are tropical or subtropical plants and need temperatures higher than about 77 °F to thrive. Watermelons have a longer growing period than other melons, and can often take 85 days or more from the time of transplanting for the fruit to mature. The largest recorded fruit was grown in Tennessee was in 2013 and weighed 351 pounds. Farmers in approximately 44 states in the United States grow watermelon commercially. Georgia, Florida, Texas, California and Arizona are the United States' largest watermelon producers.

The rind of this fruit is mid- to dark green and usually mottled or striped, and the flesh contains numerous pips and is red, orange, pink, yellow, green or white. The styles are united into a single column and the large fruit is a kind of modified berry called a pepo.



The health benefits of the watermelon:

- Rich in electrolytes and water content
- Very low in calories (just 30 calories per 100 g) and carry minimal fats.
- It is an excellent source of Vitamin-A, which is a powerful natural anti-oxidant.
- It is a good source of potassium; Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.
- Contains a good amount of vitamin-B6 (pyridoxine), thiamin (vitamin B-1), vitamin-C, and manganese.