

Watermelon Trivia

Nutrition

- Watermelon is the natural sports drink. It is rich in the electrolytes (sodium + potassium) that we lose when we sweat.
- Watermelon does not contain any fat or cholesterol and is an excellent source of vitamins A, B6 and C, and contains fiber, potassium and lycopene.
- Scientists have found that watermelon contains more of the health-promoting compound lycopene per serving than any other fresh fruit or vegetable. Lycopene gives watermelon and tomatoes their red color and is thought to act as a powerful antioxidant that may help to reduce the risk of age-related diseases.
- Every part of the watermelon is edible, even the seeds and rinds.
- Watermelon seeds can be roasted and eaten like pumpkin seeds. They are a great source of amino acids.
- During the Civil War the Confederate Army boiled down watermelons as a source of sugar and molasses.
- Watermelon is 92 percent water. Early explorers used them as canteens.

Production

- Most watermelons weigh from 5-50 pounds, but some weigh as much as 100 pounds.
- Because watermelons are so fragile, they cannot be harvested by machine. Instead workers carefully toss them in a relay from field to truck.
- Oklahoma ranks number 12 nationally in the production of watermelon.
- Watermelon is grown in over 96 countries worldwide.

Oklahoma Ag in the Classroom is a program of the Oklahoma Cooperative Extension Service, the Oklahoma Department of Agriculture, Food and Forestry and the Oklahoma State Department of Education (n.d). Oklahoma ag in the classroom: Watermelon facts. Retrieved from

<http://oklahoma4h.okstate.edu/aitc/lessons/extras/facts/melon.html>

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U. S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment



Cooking with KIDS!



Rutherford County Farmers' Market

Tuesday, August 9th

9:00am

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Yogurt-Frosted Watermelon Shapes

- Seedless watermelon, cut into 1/2 to 3/4 thick slices
- Vanilla-flavored yogurt
- Granola or similar cereal
- Cookie cutters

- 1.) Using your favorite cookie cutters, cut shapes from the slices of watermelon.
- 2.) Frost with the yogurt.
- 3.) Sprinkle with granola.



Reference: Oklahoma State University Extension
www.agclassroom.org/ok

Watermelon Banana Split



- 2 bananas
- 1 watermelon medium sized
- 1 cup fresh blueberries
- 1 cup diced fresh pineapple
- 1 cup sliced fresh strawberries
- 1/4 cup caramel fruit dip
- 1/4 cup honey roasted almonds

Peel bananas and cut in half lengthwise then cut each piece in half. For each serving, lay 2 banana pieces against sides of shallow dish. Using an ice cream scooper, place three watermelon "scoops" in between each banana in each dish. Remove seeds if necessary. Top each watermelon "scoop" with a different fruit topping. Drizzle caramel fruit dip over all. Sprinkle with almonds.

Makes 4 servings

Reference: National Watermelon Promotion Board: <http://www.watermelon.org/Recipes/Watermelon-Banana-Split#sthash.0MM6DsAg.dpuf>

Watermelon Slice Popsicles

Watermelon slices plus popsicle sticks makes for an easy recipe and kid friendly.

- 5-15 watermelon slices, cut to triangular wedge shapes, about 1/2 - 1" thick
- 5-15 popsicle sticks

For an easy, fun take on the yummy watermelon slice, insert a popsicle stick into the rind! It makes clean up a breeze. Kids love it! You can also freeze the slice popsicles for a chilly, refreshing treat.



Reference: National Watermelon Promotion Board:

<http://www.watermelon.org/Recipes/Watermelon-Slice-Popsicles#sthash.twSKhoAR.vMoFksXU.dpuf>

Watermelon Pops



- Seedless watermelon
- Blender
- Ice cube tray
- Aluminum Foil
- Toothpicks

- 1.) Puree seedless watermelon in a blender
- 2.) Pour into ice-cube trays.
- 3.) Cover the trays with aluminum foil.
- 4.) Stick a toothpick through the center of each cube.
- 5.) Freeze for three hours or until solid.
- 6.) Serve as a refreshing treat.

***Tips:

Sweeten with honey prior to freezing if needed.
For additional flavor-add some fresh mint.