

For Immediate Release

## **A Summer-Time Favorite - Watermelon**

Watermelon is an American summertime favorite. Throughout the summer months, many cannot get enough of this sweet treat. There are more than 1,200 different varieties of watermelons.

Watermelon provides a refreshing way to help us reach the MyPlate recommendation of 1-2 cups from the fruit group each day. One cup of watermelon is equal to 1 small slice (1 inch thick) or 1 cup diced. Watermelon is naturally low in fat, sodium and has no cholesterol. It provides a source of potassium, vitamin C, Vitamin A and folic acid. Some interesting facts about watermelon:

- A watermelon is 100% usable and compostable (70% flesh and 30% rind).
- Watermelon live up to their name as they are 92% water.
- The rind of a watermelon is edible and can be used in stir-fries or salads.
- Hollow out the watermelon to make a compostable bowl for your delicious treat such as a fruit salad or fruity dessert.

**Selecting the perfect watermelon** – Choose a firm, symmetrical, fruit that is free of cracks, bruises, soft spots or mold. A ripe watermelon will have a dull sheen, dried stem, and a buttery yellow underside where it has touched the ground. Thump your watermelon, as it should sound dull and hollow. Lift them as well, they should be heavy for their size.

**Storing your watermelon** – An uncut watermelon can be kept for up to 2 weeks at room temperature. When ready to use, scrub with a clean vegetable brush under running water. Dry with a clean towel or paper towel. Once cut, store watermelon in a covered container in the refrigerator for up to 3 days without a decrease in flavor or texture.

Pair your fresh watermelon in new and different ways: Watermelon + Feta Cheese + Mint; Watermelon + Honey + Pistachios; Watermelon + Lime Juice + Chili Powder.

## **Watermelon Rind BBQ Sauce**

1 c chopped watermelon rind  
vinegar

6 oz tomato paste  
¼ c brown sugar

¼ c white  
2 Tbsp

Worcestershire sauce  
garlic

2 Tbsp olive oil  
½ tsp salt

2 cloves

Combine all ingredients in a multi-cooker, seal and cook on high for 10 minutes. Quick release when done, remove lid. Let cool before transferring to a food processor/blender and blend until smooth. Cool and store in refrigerator between uses.

Nutritional Value: 89 calories, 4g Fat, 11g Sugar, Carbohydrates 14g, 1g Protein, 428mg Sodium, 318mg Potassium, 1g Fiber, 26mg Calcium, 8mg Vitamin c, 439IU Vitamin A

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Source: Healthy Family Project