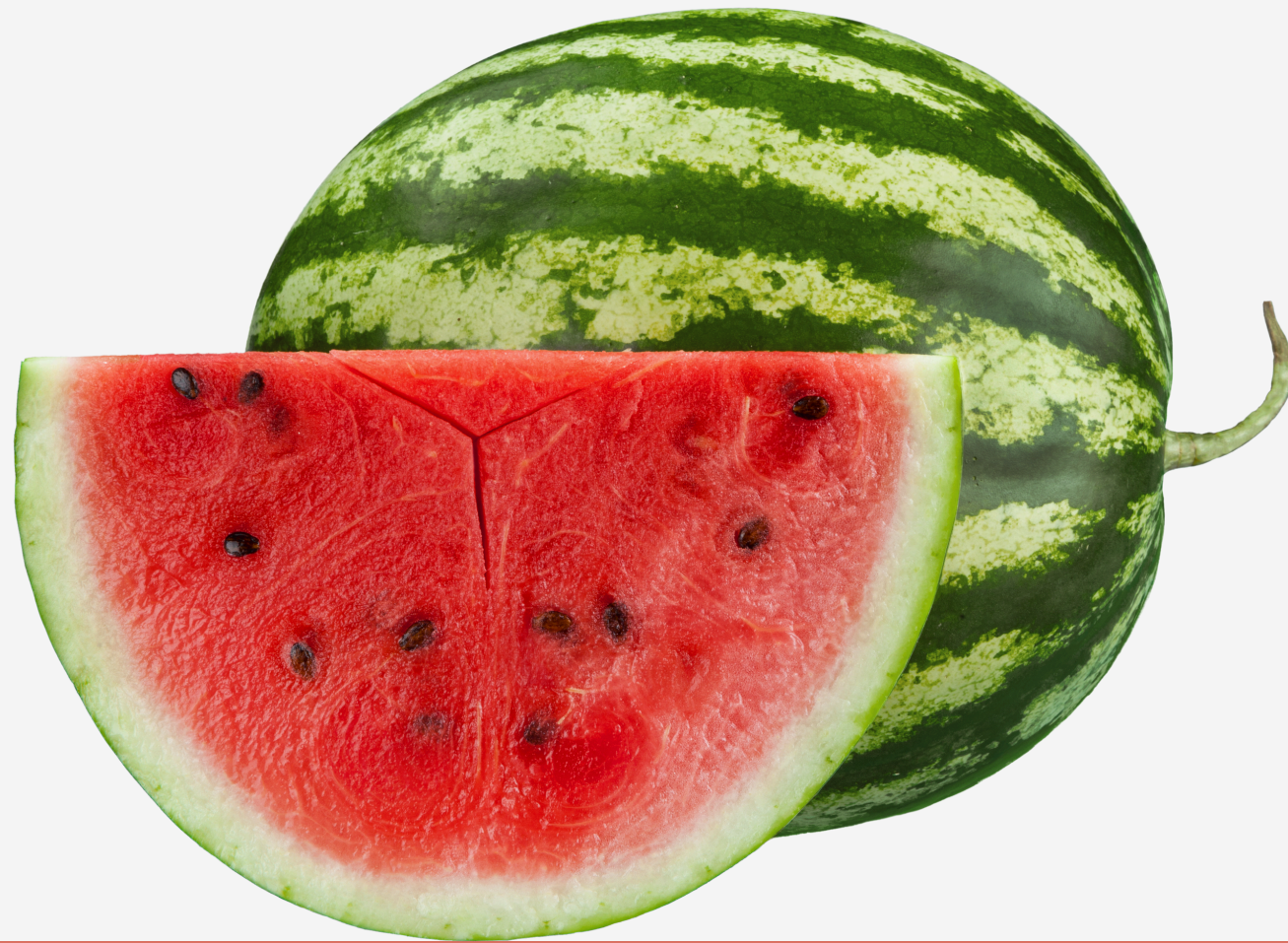


ALL ABOUT WATERMELON



WHAT IS A WATERMELON?

Watermelon is a big, juicy fruit that grows on a vine. It's made up of about 92% water, making it one of the most refreshing fruits to eat on a hot day!



HEALTH BENEFITS

Watermelon contains vitamin C and Vitamin A. They also have Lycopene and lots of water.

Nutrition Facts	
Portion Size	154 g
Amount Per Portion	
Calories	46
% Daily Value *	
Total Fat 0.2g	0 %
Sodium 1.5mg	0 %
Total Carbohydrate 12g	4 %
Dietary Fiber 0.6g	2 %
Sugar 9.6g	
Protein 0.9g	2 %
Vitamin D 0mcg	0 %
Calcium 11mg	1 %
Iron 0.4mg	2 %
Potassium 172mg	4 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

WHERE DO WATERMELONS GROW?

Watermelons grow best in warm, sunny places. They need lots of sunshine and space to spread out because their vines can grow really long!

FUN FACTS

- The biggest watermelon ever recorded weighed 350.5 pounds.
- Watermelons have been around for thousands of years—ancient Egyptians even drew pictures of them in their tombs!
- China grows more watermelons than any other country in the world.
- In Japan, some farmers grow square watermelons by putting them in special boxes as they grow!
- Did you know that watermelons are both a fruit and a vegetable? They are related to cucumbers, pumpkins, and squash!



WATERMELON IN SOUTH DAKOTA

Watermelons are grown commercially in South Dakota, particularly in the Forestburg area, known as the "watermelon capital" of the state, due to the sandy soil and favorable growing conditions.

TRY THIS!

- You can carve a watermelon like a pumpkin!
- You can blend it into a smoothie or juice.
- Some people even grill watermelon for a tasty treat!
- Dry watermelon in a low oven for a sweet chewy snack.

