

FOOD PREPARATION STEPS



1. Wash watermelon thoroughly under running water, scrubbing with a brush.



2. Cut off both ends of watermelon.



3. Cut fruit in half, lengthwise.

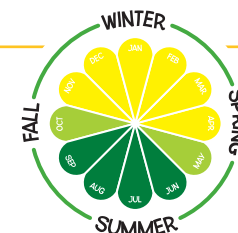
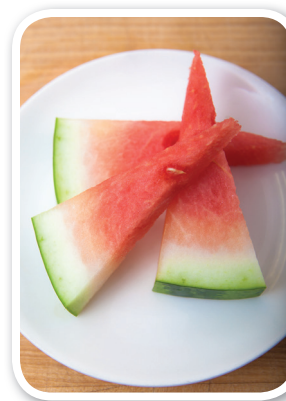


4. Lay melon on flat side and cut into long wedges.



5. Cut into small triangular pieces.

Watermelon is a good source of vitamins A & C, some B vitamins, and folic acid. It is also a good source of lycopene, an antioxidant. Antioxidants protect the body from free radicals and disease. Watermelon's high water content (92%) makes it a good food for keeping hydrated.



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Watermelon are available in Hawai'i from May to October, with peak harvest occurring in June through September.
- Look for watermelons that are firm, heavy for their size, and free of bruises and dents. The bottom of a watermelon should have a pale yellow spot where the fruit was sitting on the soil as it ripened.
- Watermelons do not continue to ripen after being harvested from the vine.
- Watermelon rinds are a "favorite" food of worms and break down quickly in a worm composting bin.

**Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes produce profile sheets, family take-home letters, produce preparation sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.