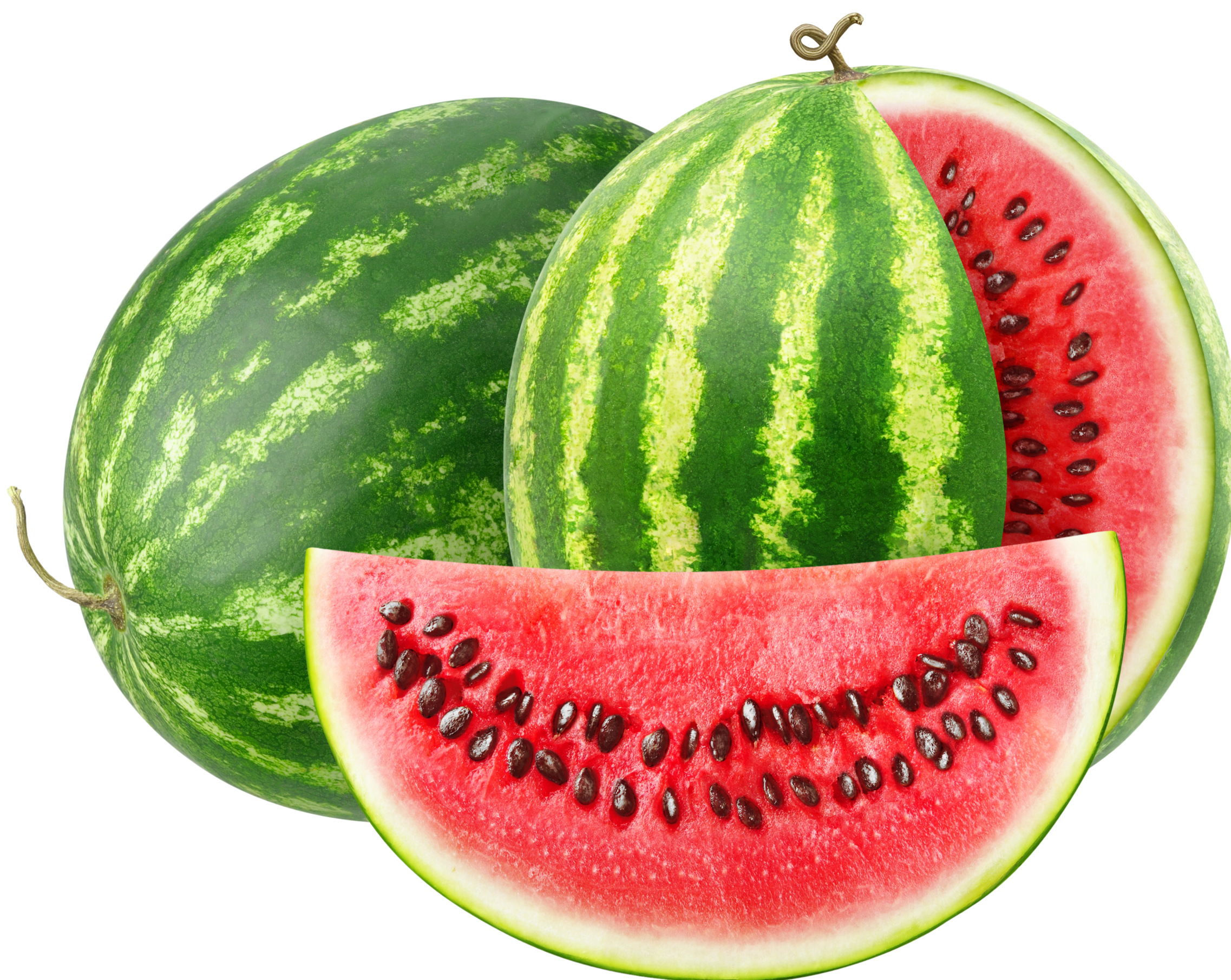




WATERMELONS

SUMMER



ARKANSAS
Farm to School

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DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Transplant or sow seeds 1 inch deep, 6 to 8 feet (ft.) apart, in rows 7 to 10 ft. apart in a sunny, well-drained area. Harvest when the watermelon stem's curly tendrils have browned, the skin is too tough to pierce with a fingernail, and the underside of the melon has turned light green or yellow in color.



PREP

Rinse watermelon with cool water. Cut off both ends and stand the watermelon up on one of its ends. Cut the watermelon in half and cut the halves in half again. Depending on preference, remove the rind. Cut watermelon into desired sized pieces.



EAT

Enjoy watermelon raw sprinkled with your favorite seasonings like salt, lemon zest, Tajin, or cinnamon with a few drops of vanilla extract. Throw watermelon on the grill with your favorite BBQ items! Toss some watermelon with feta cheese, cucumber, mint, and red onion for a delicious summer salad. Pickle the watermelon rind or throw it in a stir-fry!



LEARN

Watermelons originated from a vine native to Africa. Watermelons are a **fruit** that are high in antioxidants that fight cancer and diabetes! Cave City and Hope host the state's most popular watermelon festivals. Each year the two cities compete to produce the tastiest watermelons in Arkansas!

