



# Melon, Watermelon

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Mexico, USA

### Receiving Information:

- Many types of watermelon are grown throughout the United States. The most common types sold are: Iceberg, Picnic, Seedless, and Yellow.
- A good quality watermelon should exhibit shape and rind color that is characteristic of its variety. All varieties should be firm and symmetrical. Watermelons should be ripe upon arrival. They do not ripen after harvesting. Ripe indicators include a dull rind, dried stem, and yellowish underside where the melon touched the ground. A ripe watermelon will also produce a distinct hollow sound when thumped. Immaturity is indicated by a shiny rind and a white, pale green, or light yellow underside.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Pitting of rind; off flavor; loss of color: These are indications of chill injury.
- Mealy or soft flesh: Watermelon is extremely sensitive to ethylene gas; exposure will promote softening of flesh. For best quality, keep watermelon separated from ethylene-producing fruits. Do not store near ripening rooms.

- Scientific Name: Citrullus lanatus.
- Usage: eaten fresh (cubed, sliced, etc.), also used to flavor summer drinks and smoothies; often used in fruit salads. Watermelon rinds are also edible, and sometimes used as a vegetable. In China, they are stir-fried, stewed, or more often pickled.
- Outside Coloring: green and yellow or cream.
- Shape: round to oblong.
- Size: sizes of these melons can range from ten to twenty-five pounds.
- Skin Texture: smooth with thick skin/rind.
- Flesh Description: very crisp, juicy, sweet pink-red flesh
- Taste: very sweet and refreshing.
- Size: up to 24" long large.

## Nutrition Facts

### Serving Size: 1 cup diced

Amount Per Serving

Calories 46	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 2mg	0%
Total Carbohydrates 11g	9%
Dietary Fiber 1g	2%
Sugars 9g	
Protein 1g	2%
Potassium 170 mg	4%
Vitamin A 6%	Vitamin C 16%
Calcium 1%	Iron 2%

\*Percent Daily Values are based on a 2,000-calorie diet.