

## SIMPLY GOOD FOOD

# Watermelon

*Nutrient Analysis - 2 cups diced:*

*90 Calories*

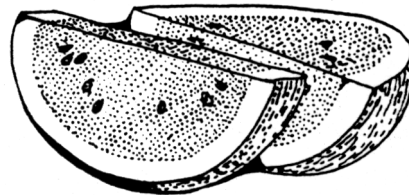
*Vitamin C - 20% + DD*

*Vitamin A - 10% + DD*

*DD = amount recommended daily*

*Best Season to  
Buy Fresh:*

*June  
July*



**WATERMELON:** Dr. David Livingston discovered watermelon growing wild in the Kalahari desert in Central Africa. They are now a favorite low-calorie treat throughout North America. Watermelon is really a vegetable, cousin to the cucumber and kin to the gourd. They come in many rind colors and with flesh colors of red, pink, yellow, orange, and white. Ripe watermelons are best kept refrigerated until consumed. Americans consume about 3 billion pounds of watermelon per year. The world record for the largest watermelon is 255 pounds, grown in Bixby, Oklahoma. (1)

### *Selecting a Ripe Melon:*

*A cut stem that pulls off to leave a clean, smooth dish-shaped depression indicates ripeness. The color of the spot where the melon touched the ground is another reliable indicator, since that spot changes from white to yellow as the melon becomes ready to eat.*

*The more mature melons give a dead or muffled "ping," and the immature ones produce a higher-pitched sound.*



### Watermelon Sherbet

4 cups diced watermelon  
3/4 to 1 cup sugar  
3 Tbsp lemon juice  
Dash of salt  
1 envelope unflavored gelatin  
1/4 cup cold water  
1 cup whipping cream

Combine watermelon, sugar, lemon juice, and salt in a large mixing bowl; refrigerate 30 minutes. Spoon mixture into container of an electric blender; process until smooth. Return to bowl. Sprinkle gelatin over cold water in a saucepan; let stand 1 minute. Cook over low heat until gelatin dissolves; add to watermelon mixture, stirring well. Add whipping cream; beat at medium speed of electric mixer until fluffy. Pour into electric freezer can; freeze according to manufacturer's instructions. Mixture does not need ripening. Yield: 1 quart

### WATERMELON RIND PICKLES

1 large watermelon, quartered  
pickling salt  
2 Tbsp, plus 2 tsp whole cloves  
16-1 1/2 " sticks cinnamon  
1/2 tsp mustard seeds  
8 cups sugar  
1 quart vinegar (5% acidity)

Remove flesh from melon (reserve for other uses); peel watermelon. Cut rind into 1" cubes. Place rind in a large crock or plastic container. Add water by the quart until it covers the rind; add 1/4 cup pickling salt for each quart water, stirring until salt dissolves. Cover and let stand in a cool place 8 hours. Drain well.

Place rind in a 10-quart Dutch oven; cover with cold water. Bring to a boil, and boil until rind is almost tender. Drain and set aside.

Tie cloves, cinnamon and mustard seeds in a cheesecloth bag. Combine spice bag, sugar and vinegar in a Dutch oven. Bring to a boil; remove from heat, and let stand 15 minutes. Add the rind to syrup. Bring to a boil; reduce heat to low and cook until rind is transparent. Remove spice bag.

Pack hot rind into hot sterilized jars, fill with hot liquid, leave 1/2" head-space. Remove air bubbles; wipe jar rims. Cover jars at once with metal lids, and screw on metal bands. Process jars in boiling-water bath 10 minutes.  
Yield: 5 pints

### Saucy Fruit Salad

1 egg yolk  
1 Tbsp sugar  
1 Tbsp orange juice  
1 Tbsp vinegar  
1 8 oz carton sour cream  
2 cups mixed melon balls  
1 cup seedless grapes  
1 cup sliced banana  
1 cup diced pineapple  
1 cup sliced strawberries  
1 cup orange sections  
flaked coconut

Combine first 4 ingredients in a saucepan; stir well. Cook over medium heat until thickened, stirring constantly. Remove from heat; chill. Fold in sour cream. Combine melon balls and next 5 ingredients; fold in dressing. Sprinkle coconut over top. Cover and chill. Yield: 6-8 servings

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### Supporting State Extension Goal: Health, Safety and Well Being

Prepared by: Ronda Alexander,  
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Source: (1) "A Produce Reference Guide to Fruits and Vegetables from Around the World" by Donald D. Heaton,;

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