

Watermelon

HARVEST OF THE MONTH

Watermelon is a refreshing fruit known for its sweet flavor and high water content. Made of about 92% water, it can be a delicious way to support hydration, especially during warm weather. Watermelon also provides vitamin C and contains lycopene, the antioxidant responsible for its bright red color. Enjoy it fresh by the slice, add it to fruit salads, or blend it into a refreshing drink. Its naturally sweet taste and crisp texture make it a popular choice for a nutritious and refreshing seasonal snack.



did you know?

Watermelon belongs to the same plant family as cucumbers, pumpkins, and squash. Although we usually eat the sweet inner flesh, the rind is also edible and can be pickled or cooked.

fun fact

Watermelons come in more colors than just red! Depending on the veriety, the inside can also be pink, yellow, orange, or even white.

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