

# Harvest of the Month

Watermelon

Calories

46

Total Fat

0g

1  
cup

Sodium

2mg

Sugars

10g

## FUN FACTS:

Watermelon is a refreshing fruit! It is called watermelon for a reason as it is 92% water.

You can eat the entire watermelon. In China, the rinds are stir fried or stewed; in the South, they are pickled. Seeds can be roasted for a snack.

Watermelon is a mind booster due to its high water content and richness in Vitamin B6.

There are 1200 varieties classified as seeded, seedless, mini, or yellow/orange. 85% of watermelons sold are the seedless variety.

This institution is an equal opportunity provider.

