

SDSU

Extension



In season:



Summer

# Watermelon

*Lakota: špaŋšniyútapi*

## Pick it!

Best clue to ripeness is a yellow or creamy underside, not white or pale green.

Heavy with a hard rind.

The flesh should be deep colored with dark brown or black seeds; a few white seeds if "seedless".

Store uncut watermelon 2 weeks at cool room temperature.

Tightly cover cut pieces in plastic wrap and refrigerate for 2 to 3 days

## Try it!

Rinse whole watermelons with clean water before slicing to remove any bacteria.

The flavor of watermelon is best enjoyed raw.

Watermelon tastes best icy cold in fruit smoothies, slushes or simply eaten from the rind.



## Types of Watermelon

**Personal:** 6-15 pounds, may have deep red, yellow or orange flesh

**Icebox:** 6-15 pounds, may have yellow orange or white flesh

**Picnic:** over 15 pounds, may have red, pink, orange and yellow flesh, some are seedless



## Did you know...

Water has a high water content. Water moves nutrients and wastes in the body. Water is part of the bodies cooling system and balances acid-base ratio.

**Like it!**

## Watermelon Smoothie

### Ingredients

- 1 - 8-ounce lemon, fat-free yogurt
- 3 cups cubed, seeded watermelon
- 1-pint fresh strawberries, cleaned and hulled
- 1 tablespoon honey or strawberry jam
- 3 ice cubes

### Directions

In a blender or food processor, combine yogurt, watermelon, strawberries, honey and ice cubes. Process until smooth and frothy. Serve in tall glasses with a straw.

Yield 4 servings

Nutrition Facts per Serving:

Calories 140; Fat 0g; Cholesterol 0mg; Sodium 680mg; Carbohydrates 34g; Fiber 4g; Sugar 26g; Protein 5g

Sources: <http://urbanext.illinois.edu/veggies/watermelon.cfm>

## Watermelon Gazpacho

### Ingredients

- 4 cups, cubed, seeded watermelon, divided
- 1 cucumber (peeled, coarsely chopped, divided)
- 1 clove garlic (minced)
- 2 tablespoons chopped onion
- 2 teaspoons lime juice
- 1 teaspoon olive oil
- 1 tablespoon fresh basil
- 1/8 teaspoon ground black pepper
- 1/2 jalapeño, seeded and chopped, optional

### Directions

In a small bowl, mix 1 cup of cubed watermelon and 1/2 of chopped cucumber. Process remaining ingredients in a food processor or blender until pureed. Transfer all ingredients to a large bowl and stir. Refrigerate until ready to serve.

Yield 4 servings

Nutrition Facts per Serving:

Calories 70; Fat 2g; Cholesterol 0mg; Sodium 0mg; Carbohydrates 13g; Fiber 1g; Sugar 10g; Protein 1g

*Lakota word translate by Jeshua Estes.*

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