



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Watermelon

Lakota: špaŋšniyútapí



Pick it!

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

Try it!

Watermelon tastes great in fruit smoothies, slushes or eaten from the rind.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY 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 up to 2 weeks at cool room temperature.

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

Try it!

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

The flavor of watermelon is best enjoyed raw.

Watermelon is delicious in fruit smoothies, slushes or simply eaten from the rind.

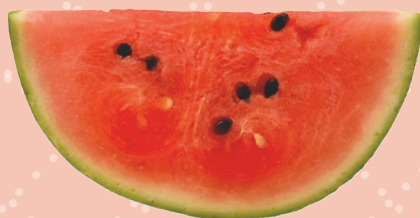


Types of Watermelon

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...

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

Like it!

Watermelon Smoothie

Ingredients

- 8 ounces fat-free lemon yogurt
- 3 cups watermelon; seeded and cubed
- 1 pint fresh strawberries; washed and hulled
- 1 Tablespoon honey or strawberry jam
- 3 ice cubes

Directions

1. In a blender or food processor, add all ingredients.
2. Process until smooth and frothy.
3. Serve in tall glasses with a straw.

Yields 4 servings

Nutrition Facts per Serving:
Calories 140; Fat 0g; Cholesterol 0mg; Sodium 680mg;
Carbohydrates 34g; Fiber 4g; Sugar 26g; Protein 5g

Lakota word translated by Jeshua Estes.

Watermelon Gazpacho

Ingredients

- 4 cups watermelon; seeded, cubed and divided
- 1 cucumber; peeled, coarsely chopped and divided
- 1 clove garlic; minced
- 2 Tablespoons onion; chopped
- 2 teaspoons lime juice
- 1 teaspoon olive oil
- 1 Tablespoon fresh basil
- 1/8 teaspoon ground black pepper
- *Optional 1/2 a jalapeno; seeded and chopped

Directions

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

Yields 4 servings

Nutrition Facts per Serving:
Calories 70; Fat 2g; Cholesterol 0mg; Sodium 0mg;
Carbohydrates 13g; Fiber 1g; Sugar 10g Added Sugars
included 0g; Protein 1g

Source: myplate.gov/recipes/myplate-cnpp/watermelon-gazpacho

**Find more recipes
and videos at
extension.sdstate.edu**

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Watermelon

Lakota: špaŋšniyútapi

- Choose one with a yellow or creamy colored underside.
- Heavy, hard rind.
- Flesh: deep color, dark seeds; few white seeds if seedless.
- Store uncut up to 2 weeks at cool room temperature.
- Tightly cover cut pieces and refrigerate 2-3 days.
- Rinse whole watermelons with clean water before slicing to remove any dirt or bacteria.
- Flavor is best enjoyed raw.
- Tastes great in fruit smoothies, slushes or simply eaten from rind.

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- 1 Tablespoon honey or strawberry jam
- 3 ice cubes

Directions

1. In a blender or food processor, combine all ingredients.
2. Process until smooth and frothy.
3. Serve in tall glasses with a straw.

Yields 4 servings

Nutrition Facts per Serving:

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

Sources: extension.illinois.edu/gardening

Watermelon Gazpacho

Ingredients

- 4 cups watermelon; cubed, seeded and divided
- 1 cucumber; peeled, coarsely chopped and divided
- 1 clove garlic; minced
- 2 Tablespoons onion; chopped
- 2 teaspoons lime juice
- 1 teaspoon olive oil
- 1 Tablespoon fresh basil
- $\frac{1}{8}$ teaspoon ground black pepper
- *Optional $\frac{1}{2}$ a jalapeno; seeded and chopped

Directions

1. In a small bowl, mix 1 cup of cubed watermelon and $\frac{1}{2}$ of chopped cucumber; set aside.
2. Process remaining ingredients in a food processor or blender until pureed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.

Yields 4 servings

Nutrition Facts per Serving:

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

Source: myplate.gov/recipes/myplate-cnpp/watermelon-gazpacho



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Watermelon

In season:



Summer

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Sampling Display Instructions

Watermelon Smoothie

Ingredients	16 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving	Yields about 3 cups. Make this amount in the blender each time.	Yields 6 cups. Make 2 blender batches.	Yields 9 cups. Make 3 blender batches.
Fat-free lemon yogurt	8 ounces	16 ounces	24 ounces
Watermelon; cubed and seeded	3 cups	6 cups	9 cups
Strawberries; fresh or frozen, washed and hulled	2 cups	4 cups	6 cups
Honey or strawberry jam	1 Tablespoon	2 Tablespoons	3 Tablespoons
Ice cubes	2	6	9

Directions:

1. Cube and seed watermelon.
2. Wash and hull strawberries.
3. In a blender or food processor, prepare one batch at a time. Combine all ingredients and process until smooth and frothy.
4. Keep chilled and place in an airtight container or sealed pitcher.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Pour from pitcher to serve
- Pick It! try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/watch?v=UhT-WXf_1srQ



Notes:

- Transport ingredients to the store in a sealed container in a cooler over ice. Using the blender prepare one pitcher of watermelon smoothie. Keep samples chilled in a cake pan with a layer of ice.
- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time. Ask parent's permission before children may sample.
- Ask them if they use watermelon often as snacks. Ask if they could use this recipe.
- Remind them that this is a good way to use slightly soft but still good watermelon.
- Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Watermelon Gazpacho

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Watermelon; cubed, seeded and divided	2 cups	2 $\frac{2}{3}$ cups	3 cups
Cucumber; peeled, coarsely chopped and divided	$\frac{1}{2}$	$\frac{2}{3}$	1 $\frac{1}{2}$
Garlic, minced	$\frac{1}{2}$ clove	$\frac{2}{3}$ clove	1 clove
Onion, chopped	1 Tablespoon	1 Tablespoon, 1 teaspoon	2 Tablespoons
Lime juice	1 teaspoons	1 $\frac{3}{8}$ teaspoons	2 teaspoons
Olive oil	$\frac{1}{2}$ teaspoon	$\frac{5}{8}$ teaspoon	1 teaspoon
Fresh basil	1 $\frac{1}{2}$ teaspoons	2 teaspoons	1 Tablespoon
Black pepper	Dash	Dash	Dash
*Optional- jalapeno; seeded and chopped	1 $\frac{1}{2}$ teaspoons	2 teaspoons	$\frac{1}{2}$ Tablespoon

Directions:

1. In a small bowl mix half of the watermelon and cucumber.
2. Process the remaining ingredients in a blender or food processor, until pureed.
3. Transfer both mixtures into a large bowl and stir.
4. Place in sealed container and refrigerate until ready to serve.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon for serving
- Pick It! try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Transport ingredients to the store in a sealed container in a cooler over ice.
- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time. Ask parent's permission before children may sample.
- Ask them if they use watermelon often as snacks. Ask if they could use this recipe.
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