

# Louisiana HARVEST *of the* MONTH



## Watermelon

### Fun Facts About Watermelon!

- Watermelons are related to cucumbers, pumpkins and squash.
- Early voyagers used watermelon rinds as canteens.
- Every part of the watermelon fruit is edible; the seeds can be roasted, and the rinds can be stir-fried, stewed or pickled.

### Watermelon Is Nutritious and Good for You!

- Low in calories.
- Rich in lycopene, a beneficial phytochemical.
- Excellent source of vitamins A and C.



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