



Watermelon

Fun and Facts

Did you know?

- July is National Watermelon Month.
- August 3rd is National Watermelon Day.

How do I pick the best watermelon?

Pick the BEST Watermelon  watermelon.org	1. Look it over Choose a firm watermelon without bruises, cuts, or dents. Scratches are okay. 
2. Lift it up It should feel heavy for its size. Watermelons are 92% water! 	3. Turn it over Check for a creamy yellow spot on the underside, indicating it ripened on the ground. 



Always wash your hands before and after preparing food. To clean the watermelon, rub by hand or scrub with a brush under running water.

Watermelon Strawberry Smoothie

Servings: 4

Ingredients:

- 1 ¼ cup cubed watermelon
- 1 ¼ cup sliced fresh or frozen strawberries
- 4 cups low fat vanilla yogurt
- ¼ tsp fresh squeezed lime juice (optional)

Instructions:

1. Wash hands with soap and water for at least 20 seconds.
2. After washing the watermelon, remove the rind and cut into one inch cubes. Chill while preparing the remaining ingredients.
3. Place all ingredients in a blender and blend until smooth.
4. Pour into four cups and drink or eat with a spoon.



Fun Facts about Watermelon:

- Watermelon contains a large amount of water - 92%!
- The white “seeds” in a seedless watermelon are actually empty seed coats where a seed did not fully mature. They are safe to eat!



Missouri Watermelon



Did you know you can grow watermelon in a container?

- Choose a variety that produces small fruit, like Sugar Baby.
- Plant in well draining soil in early to mid-May.
- Make sure the plant receives full sun (8+ hours) daily.
- Water regularly, especially when fruit is on the vine.
- Harvest in about 75 days.



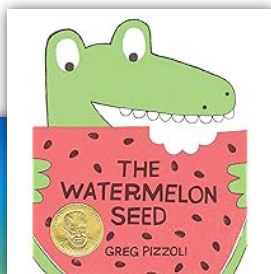
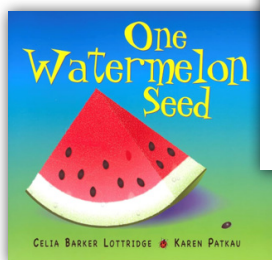
Most Missouri watermelons are grown in the southeastern part of the state, mostly in Dunklin and Pemiscot counties.



Blodgett, Missouri, was once known as the “Watermelon Capital of the World,” according to the *Standard Democrat* and even received an award at the 1904 World’s Fair in St. Louis.



Blodgett is in Scott County which is located in the bootheel in Missouri.



Read Together

One Watermelon Seed by Celia Barker Lottridge

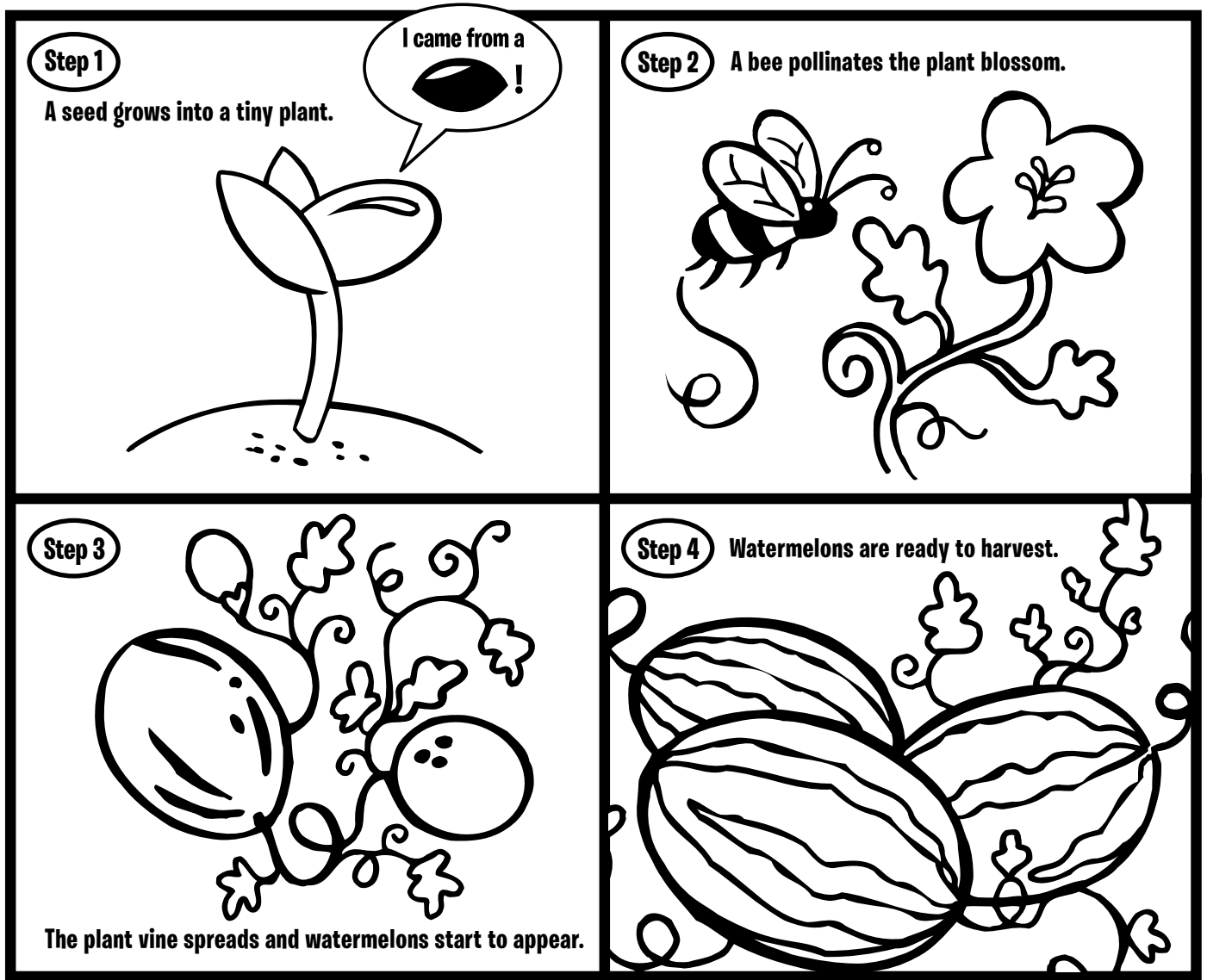
The Watermelon Seed by Greg Pizzoli



Learn More!



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**



How to Grow a Watermelon

You can plant your watermelon seeds right from your next watermelon slice!

Supplies you will need:

- Watermelon Seeds (about 10-15)
- Planting pot or a sunny place outside to plant your seeds
- Dirt (enough to fill the pot)
- Water
- Sunshine

If using a planting pot, place your dirt inside planting pot. Place your seeds about 1 inch deep into the dirt. Water immediately after planting.

Water once a week and continue to weed out (remove) the weakest plants and any weeds that may grow close to your seeds. You should begin to see plants in about 10 days.

Keep in mind that to grow a watermelon takes extra special care. While you may not grow a watermelon, you should begin to grow the vine. If you do grow a watermelon, it may not taste as good as those you buy at the grocery store because watermelon growers have years of experience growing great tasting watermelons.

Suncatcher

Supplies

- Template
- Scissors
- Pencil
- Green and black construction paper or cardstock
- Red or pink tissue paper
- Green marker
- Clear school glue
- Scraps of dark green construction paper (optional)

Directions

1. Print templates and cut out.
2. Trace rind onto green construction paper and seeds onto black construction paper and cut out.
3. Cut small squares out of tissue paper
4. Instruct kids to draw stripes on the rind (or glue dark green construction paper scraps to it.)
5. Next, show kids how to overlap the tissue paper squares, gluing them to the rind and other squares. Finally, kids can glue seeds on top of tissue paper squares.

Allow the suncatchers to dry completely before taping to a window.

