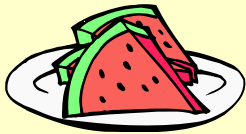
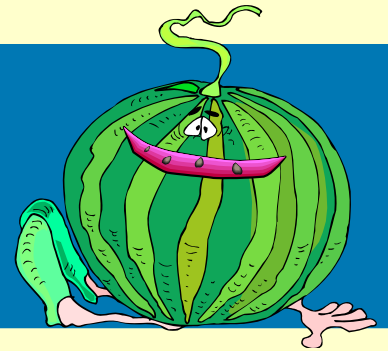


# Watermelons

## Selection, Storage & Handling



### A PEAK INSIDE

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## How to Choose a Watermelon

Choosing a watermelon is as easy as 1, 2, 3!

1. Look the watermelon over. Look for a firm, symmetrical melon that is free from bruises, cuts, or dents.
2. Lift it up. The watermelon should be heavy for its size. Watermelon is 92% water; most of the weight is water.
3. Turn it over. The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

## De-Seeding a Watermelon

If you would like to de-seed a watermelon, here's a nice, easy way to do it. This is perfect to dice up into chunks for a snack, use in salsa, mix into drinks, or anything else you would use watermelon for.

**Be sure to wash your watermelon and knives before cutting into it.**

1. Cut watermelon in half, then in quarters.
2. Cut through the flesh of the melon along the seed line with a paring knife. Next, lift off the piece you just cut out.
3. Using a fork, scrape the seeds from the piece you just removed and from the remaining flesh on the rind.

## Storage and Handling of Watermelon

1. Handle your whole watermelon gently, to avoid internal bruising.
2. Wash your hands with hot, soapy water.
3. Wash your watermelon in running water, rinse well, and pat dry.
4. Cut the flesh from the rind, and cut into 1-inch cubes.
5. Place in covered container and refrigerate immediately.
6. Keep cut watermelon refrigerated until consumed, up to 3-4 days.

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*“Early explorers used watermelons as canteens.”*

## Watermelon

### Nutrition Facts

Serving size: 2 cups watermelon, diced (280g)

#### Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 10mg 0%

Potassium 230mg 7%

Total Carbohydrate 27g 9%

Dietary Fiber 2g 8%

Sugars 25g

Protein 1g

Vitamin A 20% Vitamin C 25%

Calcium 2% Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: Produce Marketing Association

*“For a surprisingly cool treat, add these “popsicles” to ice cold lemonade.”*

## Quick Tips for Cubes and Wedges

Cutting up a watermelon is faster and easier than you may think! All you have to do is cut it in a grid pattern, almost like you were making a checkerboard on the surface of the fruit. Cubes will tumble out ready to eat.

### Quick Watermelon Cubes

1. Take a quarter watermelon and lay it on the rind with the interior facing up.
2. Place knife about  $\frac{3}{4}$  of an inch down from the peak of the wedge. Holding the knife parallel to the far side of the fruit and starting at the edge of rind, cut a horizontal line through the fruit all the way down to the rind.
3. Next, place the knife blade  $\frac{3}{4}$  of an inch lower and make the same cut. Repeat.
4. Next, turn the fruit to the other side and make the same horizontal cuts.
5. And last, starting at edge of the rind, make vertical cuts  $\frac{3}{4}$  inch apart all the way across.
6. Cubes will tumble out ready to eat!



### Quick Watermelon Wedges

1. Take a quarter watermelon and lay it on the rind with the interior facing up. Place knife about 2 inches from end of wedge.
2. Cut off the curved end of the fruit. Place knife about  $\frac{3}{4}$  to 1 inch (or desired thickness) into fruit and cut straight down.
3. Repeat until entire quarter is in wedges.



## Watermelon Popsicles

- 3 cups watermelon juice
- $\frac{1}{2}$  cup sugar
- 2 teaspoons fresh lemon juice
- $\frac{1}{2}$  cup water

To prepare watermelon juice, cut watermelon into cubes and rub through a strainer to remove seeds. In small saucepan, mix together sugar and water; simmer 3 minutes. Remove from heat; stir in watermelon juice and lemon juice. Pour into 2 ice trays or popsicle containers. Freeze until very mushy and insert a popsicle stick in the cube. Freeze. Makes about 36 small popsicles or 12 popsicles.

Newsletter Title  
**Watermelon Rind Pickles**

(About 4 or 5 pints)

3 quarts (about 6 pounds) watermelon rind, unpared  
¾ cup salt  
3 quarts water  
2 quarts (2 trays) ice cubes  
9 cups sugar  
3 cups white vinegar  
3 cups water  
1 tablespoon (about 48) whole cloves  
6 cinnamon sticks (1-inch pieces)  
1 lemon, thinly sliced, with seeds removed

Pare rind and all pink edges from the watermelon. Cut into 1-inch squares or fancy shapes as desired. Cover with brine made by mixing the salt with 3 quarts cold water. Add ice cubes. Let stand 3 to 4 hours.

Drain; rinse in cold water. Cover with cold water and cook until fork tender, about 10 minutes (do not overcook). Drain.

Combine sugar, vinegar, water, and spices (tied in a clean, thin, white cloth). Boil 5 minutes and pour over the watermelon; add lemon slices. Let stand overnight.

Heat watermelon in syrup to boiling and cook slowly 1 hour. Pack hot pickles loosely into clean, hot pint jars. To each jar add 1 piece of stick cinnamon from spice bag; cover with boiling syrup to ½ inch from top. Remove air bubbles. Wipe jar rims. Adjust lids. Process 10 minutes in a boiling water bath.

## Fire and Ice Salsa Recipe

This sweet and spicy salsa is different from traditional salsa, but is just the right flavor combination. It is great over grilled chicken breast for something different, or serve with tortilla chips.

3 cups chopped watermelon  
½ cup chopped green bell pepper  
2 tablespoons lime juice  
2 tablespoons chopped fresh cilantro  
1 tablespoon chopped green onions  
1 tablespoon chopped jalapeno pepper  
½ teaspoon garlic salt

In a large bowl, combine the watermelon, green bell pepper, lime juice, cilantro, green onions, jalapeno, and garlic salt. Mix well and serve chilled. (To chill while outside, set the bowl of salsa in a bowl of ice.)

If you want it spicier, increase the amount of chopped jalapeno pepper you use.

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*“The first cookbook published in the U.S. in 1796 contained a recipe for watermelon rind pickles.”*

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*“In some Mediterranean countries, the sweet taste of watermelon is paired with the salty taste of feta cheese.”*

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*“The most typical herb you’ll find in salsa is cilantro, but don’t be afraid to play around. Parsley, mint, basil, and oregano all taste exceptional when mixed with fresh vegetables and fruits.”*

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## Watermelon Rind Preserves

(About 6 half-pint jars)

1 ½ quarts prepared watermelon rind  
4 tablespoons salt  
2 quarts cold water  
1 thinly sliced lemon  
1 tablespoon ground ginger  
4 cups sugar  
¼ cup lemon juice  
7 cups water

**To Prepare Watermelon Rind** - Trim green skin and pink flesh from thick watermelon rind; cut into 1-inch pieces. Dissolve salt in 2 quarts water and pour over rind; let stand 5 to 6 hours.

Drain, rinse, and drain again. Cover with cold water and let stand 30 minutes. Drain. Sprinkle ginger over rind; cover with water and cook until fork tender. Drain.

**To Make Preserves** - Sterilize canning jars. Combine sugar, lemon juice, and 7 cups water. Boil 5 minutes; add rind and boil gently for 30 minutes. Add sliced lemon and cook until the melon rind is clear. Pack hot preserves into hot jars, leaving ¼ inch headspace. Wipe jar rims and adjust lids. Process 5 minutes in a boiling water bath.

## Breakfast on the Go

⅓ cup low fat granola  
¾ cup de-seeded watermelon chunks  
5 ounces low-fat yogurt (any flavor)

In a large, “to go cup” container, layer your parfait in the following order:

The bottom layer is low-fat granola. The next layer is small chunks of de-seeded watermelon. Add your flavored yogurt next. Repeat layers. Then you may garnish with a slice of banana, toasted almonds, or coconut, a wedge of watermelon, a strawberry, or an orange wheel.



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*“The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.”*

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## Not Your Ordinary Fruit Bowl

1 large watermelon  
1 cantaloupe, halved and seeded  
1 honeydew melon, halved and seeded  
2 (15 ounce) cans mandarin oranges, drained  
2 (20 ounce) cans pineapple chunks, drained  
2 cups halved fresh strawberries  
2 cups seedless grapes, halved  
½ cup water  
¼ cup white sugar  
2 tablespoons grated lemon zest

With a large, sharp knife, remove the top ¼ section of the watermelon, removing as many seeds as possible. Leave ½ inch of flesh inside the shell of the watermelon. Scoop cantaloupe and honeydew in the same manner, removing as

much flesh as possible, and discarding the rinds. Refrigerate fruits separately until ready to assemble.

In a small saucepan over medium-high heat, bring water and sugar to a boil. Remove from heat, and continue stirring until sugar has completely dissolved. Add lemon zest, and set aside to cool.

To serve, place watermelon balls, cantaloupe, honeydew, oranges, pineapple, strawberries, and grapes in a large mixing bowl. Pour syrup over, and toss thoroughly. Transfer mixture to watermelon bowl and serve. Set aside any fruit mixture that will not fit. There will be enough fruit to refill the bowl.