

PLPA-HG014-15

## **Watermelon** (*Citrullus lanatus*)



### **Origin**

Watermelon is believed to have grown wild in southern Africa before being domesticated.

### **Food Production**

Watermelon enjoys warm weather and needs about 80-100 days to mature. They have an extensive root system and are vine-like. In small gardens it is good to trellis the melons. The fruit inside the melon is juicy and sweet. Watermelon comes in many varieties, seeded and unseeded. In Japan, the size and shape of some watermelons are manipulated by being put into molds. These melons are used for decorative purposes.

### **Nutritional Qualities**

Watermelon has high amounts of beta-carotene, vitamin C (which helps the immune system), and vitamin B6 (which turns protein to energy) and Vitamin A. Since watermelon contains a large amount of water they are a good diuretic.

### **Famous Dishes and Drinks**

Watermelon Agua Fresca, Watermelon Sorbet, Fruit Salad, Fruit Kabobs!

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