

South Carolina



Farm



to



School

JULY



DESCRIPTION

Watermelons are a round or oblong fruit, are related to cantaloupes and cucumbers grow, and grow on vines. The flesh has almost 92% water! Melon seeds do not germinate well in the cold soil, therefore South Carolina is one of the greatest states for watermelons to grow.

Information from:

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=31>

<http://www.goodreads.com/quotes/355607-watermelon-it-s-a-good-fruit-you-eat-you-drink-you-wash>

<http://www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1325.html>

Palmetto Pick of the Month: WATERMELON

HISTORICAL FACTS

Watermelons are known to be from Africa. They quickly traveled from Africa, to Asia, then Europe, and then to North America. Over 4 billion pounds of watermelons are grown in the United States.

HEALTH BENEFITS

Watermelon is full of lycopene! Lycopene gives watermelon its full pink color. It also is an anti-oxidant agent that is beneficial for our blood.

HARVEST TIPS

Harvest watermelon when the skin is dull and when the bottom of the fruit as a white oval. The tendril closest to the fruit bottom should be brown.



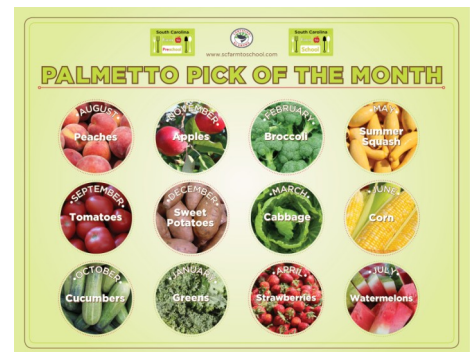
QUOTE

"Watermelon—it's a good fruit. You eat, you drink, you wash your face."

-Enrico Caruso

PALMETTO PICK OF THE MONTH SNACK

Watermelon is so great that it's delicious by itself! Have it for breakfast, lunch, or a late night dessert!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.