

IN SEASON

July - October

How to Select

Choose a watermelon that seems heavy for its size & is even in color or pattern. The creamy yellow spot on the bottom means it is ripe & ready to eat!

How to Store

Whole melons can be stored on the counter up to 7-10 days or 2-3 weeks in the fridge. Cut watermelon can be refrigerated in an air-tight container or covered with plastic wrap up to 3-5 days.

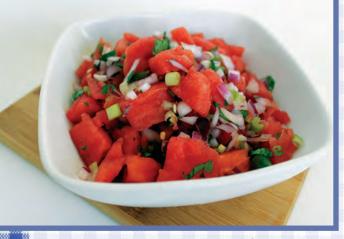
HELPFUL TIP

Try thumping the watermelon to see if it is ripe. If it makes a hollow noise it is ripe and ready to eat!





WATERMELON SALSA



"l	Nutrition F	acts (16-1
	Serving size: 1/4th re- Servings Per Recipe	cipe (96g)
8	Amount Per Serving	g
	Calories 30 Ca	alories from Fat 2
		% Daily Value
	Total Fat 0g	0%
Š.	Saturated Fat 0g	0%
88	Trans Fats 0g	
	Cholesterol 0mg	0%
	Sodium 3mg	0%
'n	Total Carbohydrate	8g 4%
88	Dietary Fiber 1g	4%
88	Sugars 5g	
20	Protein 1g	
8	Vitamin A 8%	Vitamin C 15%
ı	Calcium 2%	Iron 2%
W.		

20 MIN | SERVES 4

INGREDIENTS:

- 2 cups **WATERMELON**, diced
- 1/4 cup green onions, finely diced
- 1 Tbsp cilantro
- 1/4 tsp cumin
- 1 lime, juiced

PREPARATION:

- 1. In a large bowl, combine watermelon, onions, cilantro & cumin.
- 2. Add lime juice. Mix well.
- 3. Serve salsa with multi-grain tortilla chips.

TIPS:

- Add corn, peppers or avocado for additional flavor!
- 2. For a more intense flavor refrigerate 1-2 hours before serving.