

## FARMER IN THE FIELD



## OH..... SWEET WATERMELONS

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September 2010

When I was a little girl my brother and I would go out into my uncles' watermelon field, crack open a melon, eat the heart out and go on to another. Warm sweet juices dripping down our arms, it just didn't get any better. As I sit at my desk writing this article the trucks are being packed for tomorrows farmers markets. As bins of watermelons are loaded onto the trucks outside my window the temptation becomes to great, I have to stop for a delicious afternoon snack.

Today you have the choice of seeded, non-seeded, red, yellow, orange or white flesh melons. They are all delicious but melons do not reveal their luscious fruit until you cut into them. So how do you pick a good one? I always thump them but if you keep these tips in mind hopefully you'll bring home the perfect one. Choose melons that are heavy for their size. The rind should be smooth, not be too shiny or too dull. The melon should have a distinct underbelly that is creamy in color. This is where the melon rested on the ground while ripening. If the melon is perfect on all sides this is a sign it was picked too green and will affect the taste and texture of the melon in a negative way.

So visit a farmers market or roadside stand today and celebrate the taste of summer and crack open a melon!

**Did you know?**

Watermelons may be 92% water

A cup of watermelon provides 24.3% of the daily value for vitamin C

Watermelons is a very concentrated source of carotenoid, lycopene

Watermelon can have the same effects a Viagra by opening the blood vessels and increasing blood flow