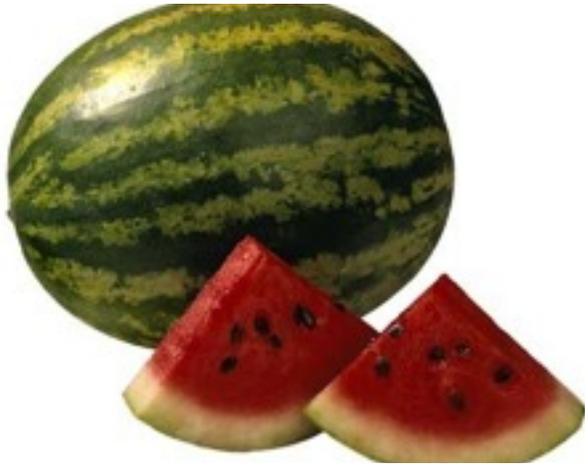


Watermelon

Descends from a very bitter African melon. Egyptians were eating watermelon 5000 years ago. Watermelons are a much richer source of lycopene (antioxidant), than tomatoes! They are also an excellent source vitamin A, vitamin C, and vitamin B6.



TIPS:

Short-term Storage: In the refrigerator up to two weeks.

Long-term Storage: Will not store long term. The rind can be pickled and stored.

General Cooking Info: Watermelon flesh can be pickled or candied after a preliminary drying. It can then be cooked down into a syrup or a thick puree. The rind can be made into sour or sweet preserves.

Growing info: Judging when a watermelon is ripe, is one of those mysterious things that all gardeners try to master. There should be a bright yellow spot on the bottom, and the tendril where the fruit connects to the vine should be shriveled, and when you thump on the melon, it should have a hollow resonance. We've found that each variety we grow has a different combination of these signs indicating ripeness, and we're still learning as we go.



Sugar Baby Watermelon

Watermelon-Feta Salad:

Whisk 1 part white wine vinegar with 3 parts olive oil, and salt and pepper. Toss with baby arugula, red onion slices, watermelon cubes, crumbled feta, niçoise olives and fresh oregano.

from Food Network

Watermelon Lime Juice

watermelon, medium sized
4 limes
ice

juice or puree watermelon, strain out pulp if you want to. you can also pour into ice trays freeze, then blend for more of a slushee texture

pour juice into about 8 glasses
cut limes in half and squeeze juice from half a lime into each glass
mix and garnish with the lime rinds
keep cool with ice cubes

Cold Fruit Soup

4 cups cubed seeded watermelon

2 cups cubed honeydew
2 cups fresh blueberries, divided
1 1/2 teaspoons minced fresh ginger root
1/2 teaspoon ground nutmeg

Preparation:

Blend the watermelon, honeydew, and about half the blueberries in a blender until smooth. Add the ginger and nutmeg; blend again until incorporated. Pour the soup into a bowl and stir the reserved blueberries to serve.