



CWD Healthy Update

CWD Nutrition
Services Department

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Watermelon

Watermelon is available year around, but is most plentiful from April to October, making it a favorite summer fruit.

Store watermelon at 50 to 60°F; 90% RH. Typical shelf life for watermelon is 14-21 days. Watermelon is ethylene-sensitive and susceptible to chilling injury. After two days at 32°F, watermelons develop an off flavor, become pitted, and lose color. Storing watermelon at warmer temperatures will cause the color of the melon to deepen. Store cut watermelon at 36 to 39° F.

Watermelon is (on average) 75% edible watermelon and 25% rind. The average 20#



watermelon will yield about 53, 6 oz wedges, each 3/4" thick.

Watermelon may have originated in Africa. The

first recorded watermelon harvest is depicted in Egyptian hieroglyphics and estimated to have occurred nearly 5,000 years ago in Egypt.

Watermelons spread throughout the Mediterranean on merchant ships. By the 10th Century, watermelon had made its way to China. The 13th Century found the Moors spreading watermelon across Europe. Some believe watermelon found its way to America with the African slaves.

Menu Ideas....

- Cut watermelon into cylinders, sticks, and other shapes for garnishes.
- Freeze cubes of watermelon puree and use to flavor beverages.
- Serve watermelon chilled for maximum sweetness.
- Offer watermelon as a colorful, low fat snack.



Weekly Produce Update

Lemons—demand continues to exceed supply.

Oranges—demand exceeds supply.

Asparagus—expect limited supply for the next 1-2 weeks due to transi-

tion in CA and rain in Mexico.

Strawberries—supplies as well as quantity continues to improve. Quality is good.

Broccoli—quality is good.

Lettuce—supplies have tightened. Quality is good.

Grapes—new crop quality is excellent.

Source: ProAct

Celebrate July!

- National Baked Bean Month
- National Hot Dog Month
- National Ice Cream Month
- National Blueberry Month
- National Pickle Month