Plant: Watermelons should be planted in May. They should be placed 72” away from other plants, 72” away from another row or 1-2 plants per mound, and 1” down into the soil.

Grow: Watermelons do best in sandy soils with added manure. They should be topped with high nitrogen/potash fertilizer, and they need warm temperatures to mature.

Harvest: Harvesting usually takes place in about 4-5 months. To tell if it is ready to be picked, tap on it. If it sounds hollow, that usually means it is ripe. Watermelon is also ripe when there is a little contrast between its green stripes.

Nutritional Information:
Watermelon has the highest content of lycopene over any other fruit or vegetable. Lycopene is a beneficial antioxidant that helps fight heart disease and cancer. Watermelon is also a great source of potassium, vitamin A, and vitamin C, important for nerves and muscle function, eye health, and immune system, respectively.

How to Prepare: Watermelon is normally consumed raw, with or without the “pips” or black seeds. Either discard the seeds during eating, or “de-pip” the watermelon before serving. The easiest way to do this is to cut along the lines of the seeds, then cut the watermelon into bite-size pieces. Add fruit salad or use as a cold soup!
Chilled Melon Soup

Yields: 4 ½ cups
Serving size: ¾ cup

Ingredients

6 cups cubed melon
½ cup diced seedless cucumber
6 tablespoons lime juice, divided, plus more to taste
1 tablespoon thinly sliced scallion green, plus 1 whole scallion, divided
1 jalapeno pepper, plus more to taste
1 cup cold water
1 2-x-1/2-inch strip of orange zest
½ cup orange juice, plus more to taste
1 teaspoon chopped fresh ginger
½ teaspoon salt
2 tablespoons finely chopped cilantro, or mint for garnish
6 tablespoons plain yogurt, for garnish

Preparation

1. Dice enough melon to measure 1 cup and combine in a small bowl with cucumber, 2 tablespoons lime juice and scallion green. Cover and refrigerate until ready to serve the soup.
2. Place the remaining melon and 4 tablespoons lime juice in a blender. Chop the whole scallion and seed and chop jalapeño; add to the blender along with water, orange zest, orange juice, ginger and salt. Blend until smooth and creamy. Taste and add more lime juice, jalapeño and/or orange juice, if desired.
3. Refrigerate the soup until chilled, 2 hours.
4. Stir the reserved diced melon mixture and divide among 6 soup bowls. Pour the soup into the bowls. Garnish each serving with cilantro (or mint) and yogurt (or crème fraîche), if using.

Nutrition Facts per Serving:

63 calories, 0 g fat, 16 g carbohydrates, 1 g fiber, 1 g protein