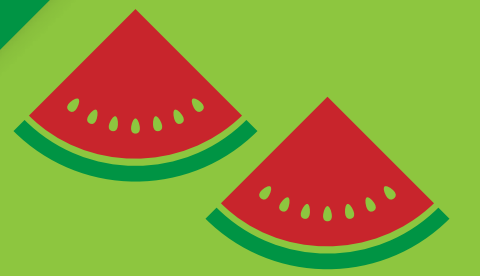




WATERMELON

HARVEST OF THE MONTH
SEPTEMBER



Watermelon has a smooth hard rind, usually green with dark green stripes or yellow spots. It also has a juicy, sweet inside that is deep red to pink, but may sometimes be orange, yellow, or white. Watermelons may have many seeds or have no seeds at all. Watermelons are mostly water — about 92 percent — and are a very good source of vitamin A and vitamin C. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.

DID YOU KNOW?

Melons are the cousins of cucumbers and squash, as they are part of the large gourd family.

FUN FACT

Watermelon festivals are common in Texas, including the What-A-Melon Festival in Center, Texas; the Hempstead Watermelon Festival; and the Luling Watermelon Thump.



WATERMELON GROWING REGIONS

- 1. The High Plains
- 2. East Texas
- 3. Winter Garden
- 4. Rio Grande Valley



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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