



Seasonal Eating

Watermelon

TIPS, BENEFITS AND RECIPES FOR
LATE-JULY FARMERS MARKET FINDS

Recipe for Watermelon Granita

- 1 cup sugar
- 1 cup water
- 6 cups watermelon cubes, seeded
- 1 tablespoon fresh lemon juice
- 1 tablespoon finely chopped rosemary

In a saucepan over medium-high heat, bring sugar and water to a boil. Boil for 5 minutes, or until it thickens to a heavy syrup. Pour into a large bowl and cool completely.

In a food processor, puree enough watermelon to equal 3 cups.

When syrup has cooled, add watermelon puree, lemon juice and rosemary and stir to mix well. Pour mixture into 9x13x2 inch pan and place on flat surface in freezer.

Rake the mixture with a fork after one hour to break up the crystals. Every 30 minutes, rake the mixture, until it is frozen and granular throughout.

(Adapted from Simply Organic, by Jesse Ziff Cool)

Benefits of eating watermelon:
Packed with vitamins A and C, with vitamin B-6, magnesium, potassium and iron. Over 90% water!

www.nbd.nal.usda.gov



Tips for selecting watermelon:
Pick it up, it should feel heavy for its size. Look for the yellow spot - watermelons develop a splotch where they rest on the ground. When splotch is creamy yellow, it's ripe.

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