

Watermelon

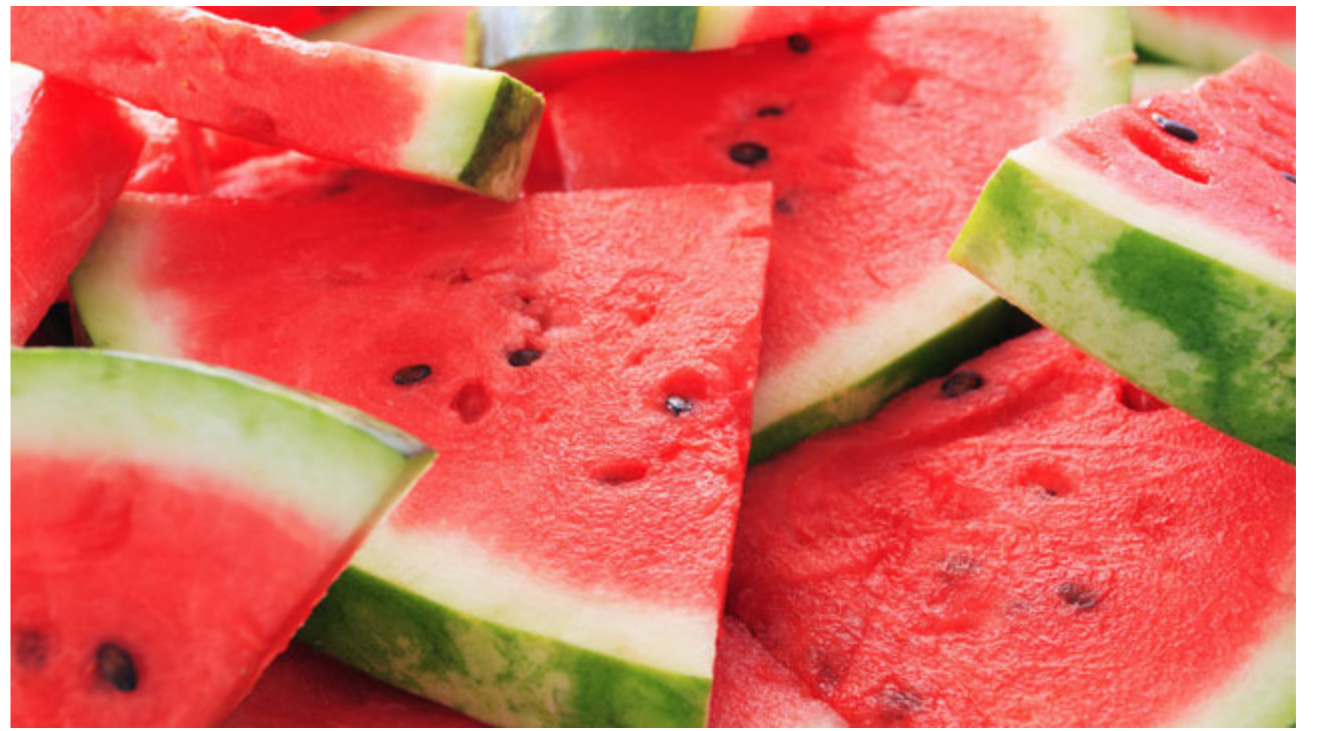
Storage

Store uncut in a cool, dark, well-ventilated place for up to two weeks. If cut, store in covered container and refrigerate for up to three days.



Preparation

Wash in cold water then cut, slice or cube to the size you want.



Nutrition

Watermelon is rich in nutrients and antioxidants. It can help with blood pressure and is a good source of fiber when consumed in large amounts. To get the most nutrients it is best to eat watermelon when it is ripe. To check ripeness tap the outside and if it makes a hollow sound it is ripe.

