



Know What You Grow!



Photo Source: AOL Images

WATERMELON

Scientific Name: *Citrullus lanatus*

Recommended Varieties

Bush vine: Garden Baby, Bush Charleston Gray, Bush Jubilee

Large vine: Calsweet, Crimson Sweet, Sugar Baby, Sweet Baby

Seedless: Firecracker, Triple Sweet Hybrid, Tri X-313 Hybrid

Yellow-fleshed fruit: Yellow Baby, Yellow Doll

Common Pests

Watch for aphids, whiteflies, spider mites, leafhoppers and leafminers.

Source: [UC Davis Vegetable Research and Information Center](#)

Growing Information

Warm Season Plant

Watermelons require long, sunny days and soil temperature at least 70°F.

Ideal Planting Window

Inland Valley: April - June

Desert: January – March

Growing Guidance

Seeds: Sow 2 – 5 ft apart in rows or hills. Watermelon vines need a lot of space.

Soil: Well-drained, amended with compost.

Water: Critical during flowering and as fruit develops. As melons mature, water less frequently for sugar build-up and better taste.

Harvest when the ground spot (the portion of the melon resting on the soil) changes from pale white to a creamy yellow.

Pollination is essential for fruit set, whether by bees or by hand. For more information,

click here: [University of California, Vegetable Research and Information Center](#)



Photo Source: AOL Images

Interesting Facts

- [National Watermelon Day](#) is an unofficial holiday celebrated on August 3.
- Watermelon belongs to the family Cucurbitaceae. Close relatives are cantaloupe, honeydew, and Crenshaw melons; winter and summer squash; pumpkins; and cucumbers.
- California is a leading U.S. producer of watermelons, along with Florida, Georgia, and Texas.
- In 2017, China was the largest international producer of watermelons with around two-thirds of the world's total.
- Watermelons have been around a long time. According to historians, they were grown in the Nile Valley around 2000 BC.
- The largest watermelon ever recorded weighed 350.5 pounds. It was grown in Sevierville, Tennessee in 2013.
- You can eat watermelon straight from the vine, cut in wedges or cubes. It's also good in salads, salsas, and smoothies. Some people even pickle the rind.

More information: [Facts Just for Kids](#)

Contact Information



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Nutritional Information

Nutritional Value

Watermelon is a healthy food, even though it is made up of 92% water. It has just 40 calories per cup, yet more [lycopene](#) than any other fruit or vegetable. A good source of vitamin C, it also contains decent amounts of potassium, copper, vitamin B5, and vitamin A (from [beta carotene](#)).

Source: [Healthline](#)

Recipe: Watermelon Salad



Ingredients

- 1/4 cup olive oil
- 1/8 cup red wine vinegar (or balsamic)
- 2 tablespoons chopped fresh mint or cilantro
- 1/4 teaspoon crushed red pepper flakes
- 5 cups cubed seedless watermelon
- 2 cups seeded and sliced cucumbers
- 1/4 cup thinly sliced red onion
- Optional: 1/3 cup crumbled feta cheese
- Salt and pepper to taste

Directions

- Dressing: Mix olive oil, vinegar, mint, red pepper flakes, and salt/pepper seasoning.
- Salad: Combine watermelon, cucumbers, and onions. Add optional feta.
- Pour dressing over fruit and vegetables and toss to coat. Chill for at least 1 hour. Garnish with mint leaves. Makes 4 servings.

Photo & Recipe Source: [Farmer's Almanac](#)