

## Water melon



Round to oval seedless 16- to 20- pound watermelon. Good flavored, firm, bright red flesh. Rind is light green with narrow, dark green stripes. Requires a watermelon pollinator.

One favorite Louisiana pastime during the hot summer months is eating watermelon. Watermelon is loaded with lycopene, which is a powerful antioxidant. Lycopene is a very potent antioxidant that helps reduce the risk of cancer and heart disease

### Vitamins & Minerals :

A 2-cup serving of watermelon is an excellent source of Vitamins A, B6 and C.

**Vitamin A** : found in watermelon is important for optimal eye health.

**Vitamin B6** : found in watermelon is used by the body to manufacture brain chemicals (neurotransmitters), such as serotonin, melatonin and dopamine, which preliminary research shows may help the body cope with anxiety and panic

**Vitamin C** : in watermelons can help to bolster your immune system's defenses against infections and viruses and is known to stimulate the immune system and protect against free radical damage.

### Potassium :

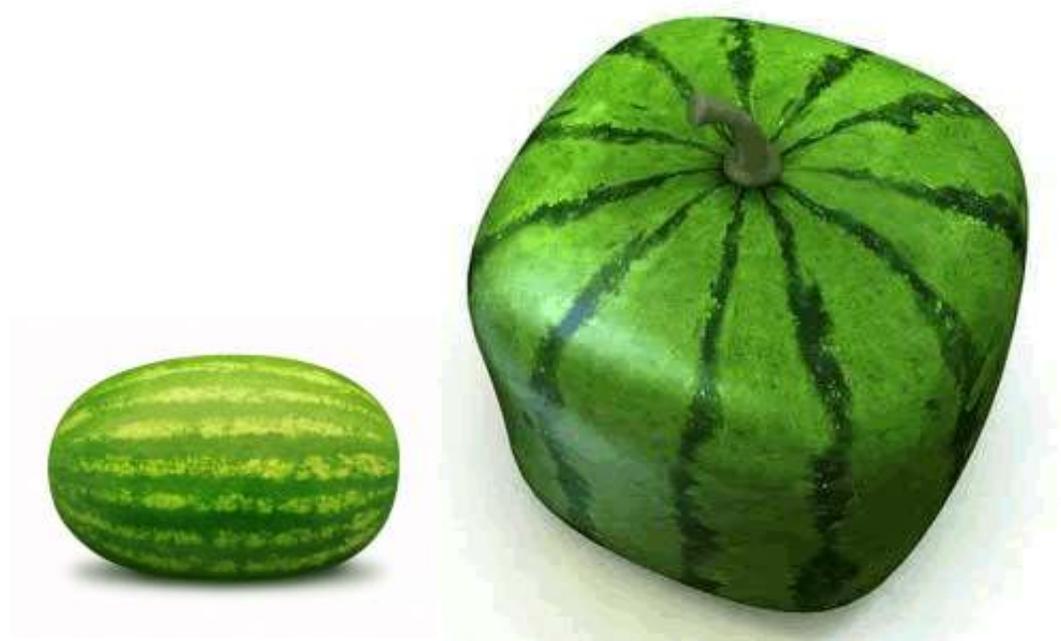
A two-cup serving of watermelon is also a source of potassium\*, a mineral necessary for water balance and found inside of every cell. People with low potassium levels can experience muscle cramps. A two-cup serving has less than 10 percent of the daily reference value for potassium.



## Some Varieties of Watermelons :

As you can see, there are many varieties of melons to choose from, and The Melon Inc. is pleased to bring you each type, as it becomes in season. During the non-traditional times, we aim to have our climate controlled varieties available.

Because melons have been available to humanity for so long, there are many cultural connections to the melons we eat. Drop by our booth, and we can share with you the many types of customs that have evolved, as new melon varieties have been integrated into the way we eat and live.



Contact Us

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