



Watermelon

Citrullus lanatus

Nutrition Facts

- Watermelon contains Vitamin A, which helps support eye health.
- Vitamin B6 found in watermelon helps the immune system produce antibodies which fight many diseases.
- This fruit also contains vitamin C, which helps the immune system to fight infections and viruses.

Planting

Plant 5/1-5/20

(Guidelines for planting in raised beds)

Seeds: In a 4'x12' bed, push together small mounds of soil, 2 across and 6 down the length of the bed. Sow 8 to 10 watermelon seeds in each mound. Cover the seeds with 1/2 inch of soil.

Care

Seeds: Water the seeds regularly with a gentle spray. Keep the soil moist to allow germination.

Young seedlings: After the seeds have germinated, thin them to be 3 plants per mound. A few weeks after the seeds have germinated, mulch around the plant with straw.

Harvest & Storage

It is difficult to tell if a watermelon is ripe, but the surest sign of ripeness is the color of the rind. In the spot where the melon sits on the ground, once the rind turns from white to yellow, it is likely ripe. Once picked from the vine, the watermelon will stop ripening. Watermelons may be stored in the refrigerator for up to 3 weeks.

Recipe

Wash all vegetables before using

Watermelon Salad

6 cups watermelon, cubed, rind removed

2 tablespoons fresh lime juice

1/2 cup fresh basil leaves, cut into thin strips

Coarse salt

Ground pepper

4 ounces feta cheese, broken into large pieces

In a large bowl, combine the watermelon, 1/4 cup of the basil and the lime juice. Add salt and pepper to taste. Toss the salad to combine. Scatter the cheese onto the salad. Add the remaining basil, mix and enjoy!



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