

# WATERMELON

## HARVEST OF THE MONTH

**You are one in a melon!**

Did you know that watermelons were first cultivated in ancient Egypt? Every part of the watermelon is eatable - even the rind!

September



### Watermelon Wisdom

Heavy weight  
Firm  
Symmetrical  
Free from bumps  
and bruises

### Nutrient Content

Water content in these melons is 92% - that is why they are so heavy!  
Vitamin A helps keep you from sickness.