# Yellow-Meated Watermelon

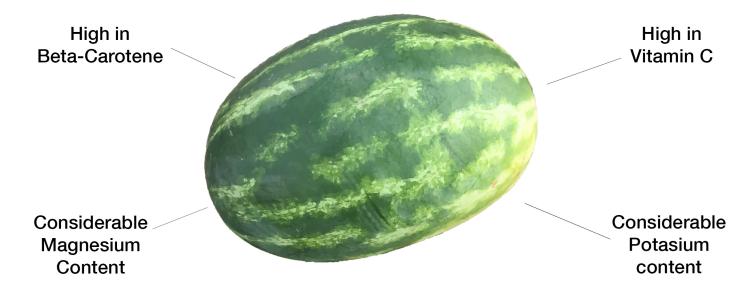
(Citrullus lanatus)

#### What is it?

- •This is not your standard watermelon. While it is fully capable of growing to the full size of a standard grocery store watermelon, if given enough nutrients, water, and time, it may be a little smaller than your standard grocery store watermelon
- •This variety is completely capable of handling the desert heat
- •The rind of this watermelon is much thinner than the red variety, maximizing the edible portion of this fruit
- •This is a much sweeter watermelon than your standard red variety; it has a honey-like taste and a smoother texture

## **Nutrition**

•While your standard red-meated watermelon has the anti-oxidant lycopene, the pigmentation found in yelow watermelon actually contains the antioxidant beta-carotene. An added benefit of Beta-Carotene is that the body later converts this to vitamin A, an important nutrient for eyes



# History

Native to Africa, watermelons are now commonly known and enjoyed around the world
This particular variety was cultivated here in the Southwest and has spread outward as people have discovered its sweet honey-like flavor



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#### How to Plant

•Be sure to leave room between plants, about 2 feet if not more; these vines like to spread out so either space these plants away from eachother or give them somewhere to go

#### When to Grow

- •Like all Sonoran Desert crops, this can be planted during the summer monsoon rains or it may be planted earlier to get an earlier harvest
- •This sun loving fruit can be planted as soon as the worry of frost is past. It will take some time to fruit

## **How to Harvest**

- Slap the watermelon or knock on it (But not too hard!). A ripe watermelon should have a hollow sound, whearas an unripe watermelon will produce a higherpitch noise
- You can look underneath the watermelon. The "belly" of a melon should be yelowed, whearas an unripe watermelon will have a more-white belly
- You can expect to see developed melons by mid-late summer to autumn, depending when they are planted



#### Miscellaneous

•These are not a seedless variety, so they make for a fun game for kids to see who could spit seeds the furthest. Should those seeds land in fertile soil and it gets a little water, don't be surprised if you have a new watermelon plant. These seeds turn dark when mature and have a high germination rate



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