

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 yellow 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

High in
Beta-Carotene

High in
Vitamin C



Considerable
Magnesium
Content

Considerable
Potassium
content

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 each other 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, whereas an unripe watermelon will produce a higher pitch noise
- You can look underneath the watermelon. The “belly” of a melon should be yellowed, whereas 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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