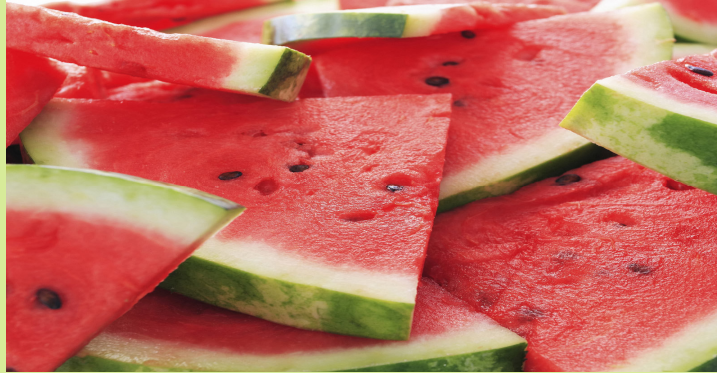


WATERMELON



- ◆ A watermelon is 92% water.
- ◆ You need three things to grow watermelon: sun, bees and water.
- ◆ The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.
- ◆ Watermelon is a vegetable! It is related to cucumbers, pumpkins and squash.
- ◆ According to Guinness World Records, the world's heaviest watermelon was grown in 2005, weighing 268.8 pounds!
- ◆ Not only does it quench your thirst, it can also quench inflammation that contributes to conditions like asthma, atherosclerosis, diabetes, colon cancer, and arthritis.
- ◆ Watermelon is grown in over 96 countries worldwide.
- ◆ In China and Japan watermelon is a popular gift to bring a host.
- ◆ Every part of a watermelon is edible, even the seeds and rinds.