

AgBite

A series of commodity insights

Did you know?
Watermelon is classified as both a fruit and a vegetable!

Overview

- 100% of the watermelon is edible, making it a zero food waste food.
- Once watermelons are cut from the vine they have a 3-4 week shelf life.
- The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.

Production

The United States ranks 7th in worldwide production of watermelon.

Over 1,200 varieties of watermelon are grown across 96 countries worldwide

Watermelon is available year-round with more than one million pounds in the market every day of the year

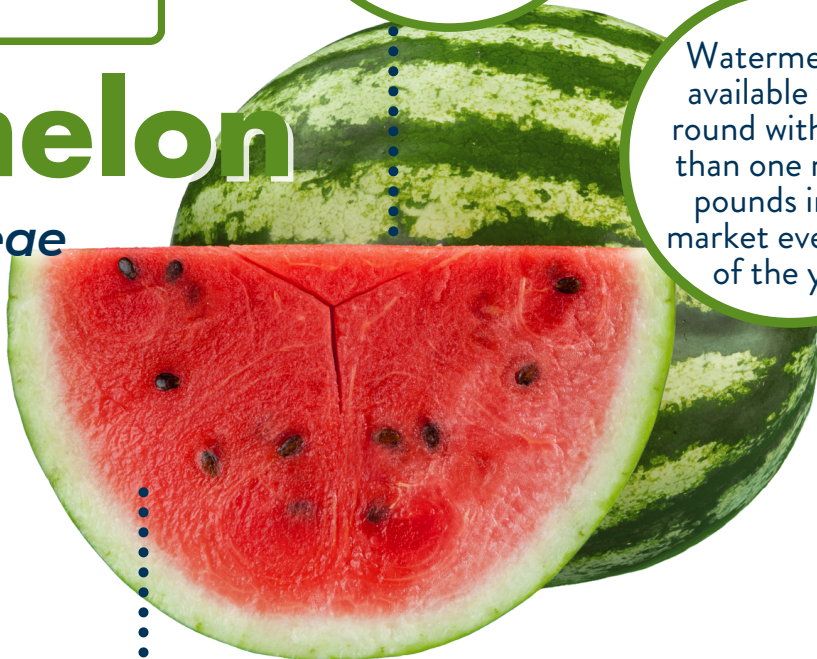
Watermelon

Family: Cucurbitaceae

Species: Lanatus

Genus: Citrullus

Kingdom: Plantae



Nutritional Information about 2 cups, diced (280g)

Total Fat 0 g	Vitamin A 8%
Cholesterol 0 mg	Calcium 2%
Sodium 0 mg	Vitamin C 25%
Potassium 310 mg	Iron 4%
Total Carbohydrate 21 g	Vitamin D 0%
Dietary Fiber 1 g	
Sugar 17 g	
Protein 2 g	

Sources: Watermelon.org, itfnet.org

Watermelon Anatomy

