**Watermelon**

**Yummy Recipe**

**Frozen Watermelon**

1/2 c Water  
1/2 c Sugar  
3 c Watermelon Juice  
2 ts Lemon juice

Cook water and sugar in a small saucepan over medium heat. Simmer 3 minutes. Remove from heat.

Add Watermelon and lemon juice; mix well.

Fill ice trays with mixture. Freeze until mushy. Place a wooden stick in each cube. Freeze until firm.

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**Nutrition Facts**

1. Seventeen amino acids such as lysine and glycine.

2. Vitamins A, B-6, B-12, C.

3. No cholesterol.

4. Ten different minerals such as: potassium, magnesium, phosphorus, calcium, sodium, and iron.

5. Great source of water (approximately 90 grams of water exist per 100 grams of edible melon).

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**Sweet, healthy, delicious treat for every season or reason!**
For more information about watermelons and a list of growers near you, please provide your company name and a return address as well as a phone number and email address in the space provided. Detach this brochure panel and mail to the above address.

Watermelon (Citrullus lanatus) is grown throughout the world as a staple food, a dessert food, and for animal feed.

Although it is usually eaten fresh, it is also eaten as a cooked vegetable in Africa.

In Russia and China, watermelon is dried for use as pickles or as candy.

Watermelon has been cultivated in Africa and the Middle East for thousands of years.

Watermelon was introduced in the New World in the 1500s.

In the U.S., watermelon is a major crop that is grown primarily in the southern states.