

*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

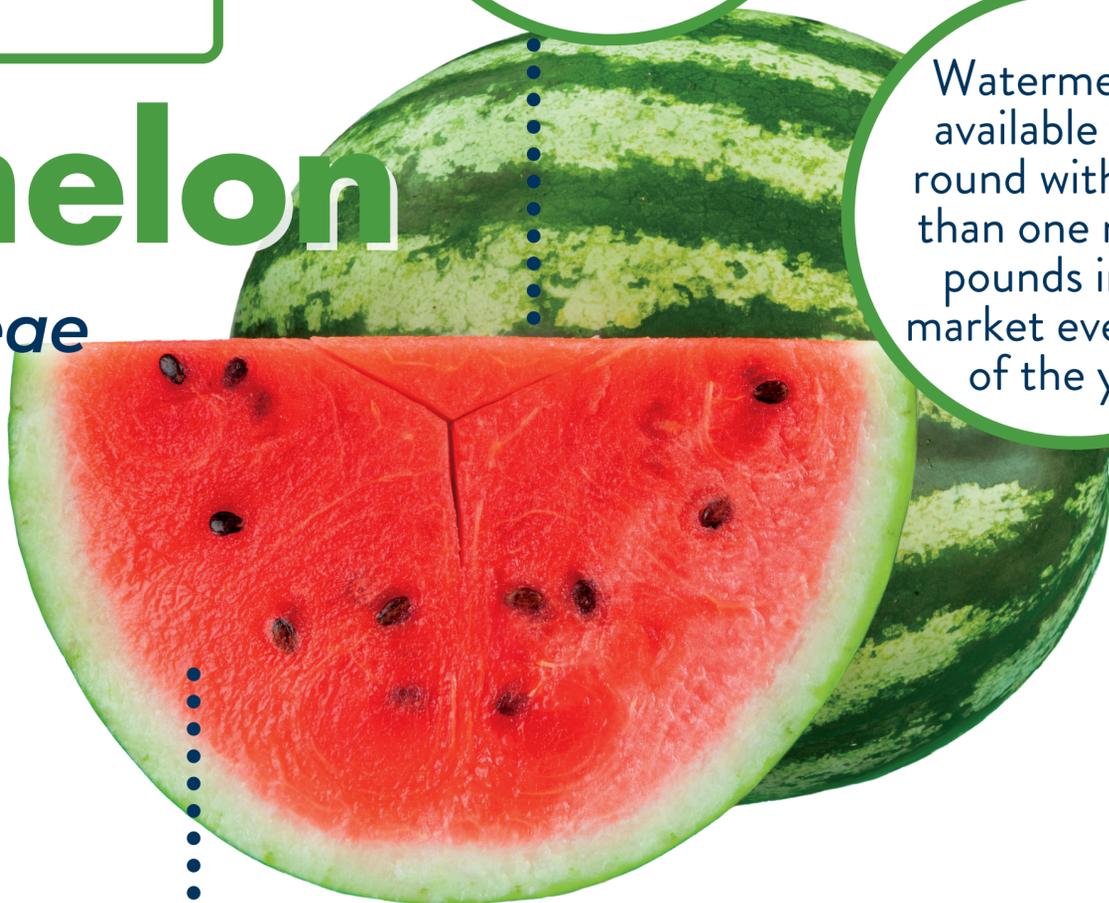
# Watermelon

**Family:** Cucurbitaceae

**Species:** Lanatus

**Genus:** Citrullus

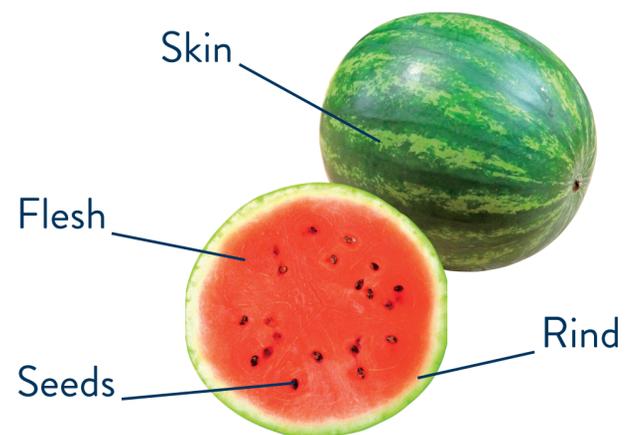
**Kingdom:** Plantae



## 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	

## Watermelon Anatomy



Sources: Watermelon.org, itfnet.org