

ANOTHER
HERB HERBERT
FACT SHEET



SPECIAL INTEREST HERBS
GOURMET VEGETABLES
WATERMELON

Citrullus lanatus



DESCRIPTION
The watermelon has been harvested for more than 4000 years,

with Ancient Egyptians understanding their qualities as a natural source of nourishment. It is important to know that Watermelon has no fat or cholesterol and is an excellent source of vitamins A, B6 and C, containing fibre and potassium. And it wasn't just the Egyptians who thought the watermelon was a winner – early European explorers were known to use watermelons as canteens on their long treks to new lands. Please note that watermelons do have a wide range of viruses that can damage your crops. Fungicides and constant pruning can generally control this.

'Black Diamond' Glossy dark green, almost black, hardy, mid season, deep red, crisp, 40-45 lbs, 90 days.

'Jubilee' Long, rounded fruits, light green, striped dark green, prolific producer, tasty red flesh, resists wilt, 30-35 lbs, 90 days. Plants may be started indoors in peat pots 3-4 weeks before last spring frost. Water during hot, dry periods.

Watermelon contains about 6% sugar and 92% water by weight. As with many other fruits, it is a source of vitamin C, beta carotene and a significant source of lycopene.



USES
Watermelons can be cut into triangular shaped pieces for

quick and easy consumption. In some Mediterranean countries, the taste of watermelon is paired with the salty taste of feta cheese and when the weather heats up, you can cool down with an icy watermelon Granita.



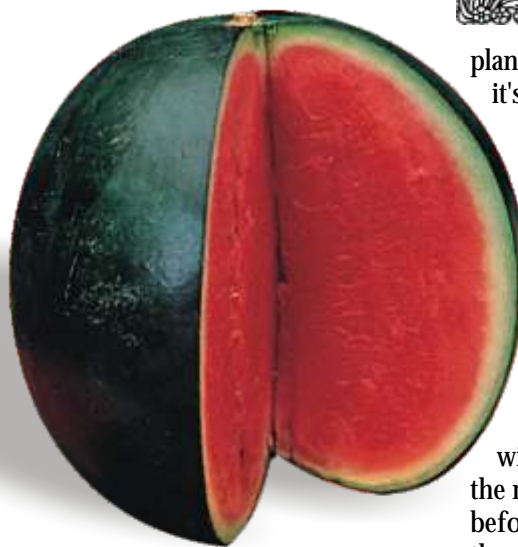
GROWTH
Watermelons can be grown in a variety of different locations but grows best in longer growing seasons and warm temperatures.

When planting, around 5 - 6 seeds should be put into soil and covered with 0.39 inch / 1 cm fine soil. These should be planted either indoors or outside once the soil has warmed up and there is no risk of frost. Watermelons are generally heavy feeders so ensure that you have a large amount of manure in your garden, working the soil to ensure that it is draining well. Upon maturing the skin at the bottom of the fruit turns yellow, the watermelon stops growing and the stem near the base of the fruit starts to shrivel and turn a brown color.



CULTIVATION
Weeds should be monitored and kept distant from the plant. They don't like the cold, so it's important to plant well clear of frost periods. Black mulch and row covers can be used to extend the growing season, creating maturity and a much greater yield. They require at least 3 to 4 months of steady heat and once ripe will very easily break from the vine.

If harvested early the melon will not taste as sweet. To sweeten the melon avoid watering one week before harvest as this concentrates the sugars.



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