

Fruit and Vegetable of the Month

Watermelon



Watermelon is an American favorite for meals and snacks. Watermelon contains high concentrations of lycopene, an antioxidant that may help reduce the risks of cancer and other diseases.

Watermelon, the fruit that is really a vegetable is an American favorite. It can be traced back to Africa and is part of the cucumber and squash family. Watermelons are probably the most refreshing, thirst quenching fruit of all.

Watermelons consist of 92% water and 8% sugar. There are more than 50 varieties of watermelons. Most have red flesh, but there are orange and yellow-fleshed varieties. According to the Guinness Book of World Records, the largest watermelon weighed 262 pounds.

½ cup of diced watermelon has only 25 calories.

Corn

Corn can be tracked back to Mexican or Central America as early as 3400 B.C. and has become a staple among Native American civilizations throughout the Western Hemisphere. Americans consume about 25 pounds of corn per person annually and most is frozen or canned. The good thing about corn is that frozen and canned corn has about the same nutritional value as fresh corn.

There are several varieties of corn but they are all good sources of vitamin C. If you buy fresh corn, refrigeration helps the corn retain its sugar and vitamin C content. A half a cup of cooked corn contains 90 calories, 2 grams of dietary fiber and 3 grams of protein. Corn is a great addition to a salad and also a good side dish for a meal with a Mexican focus.

