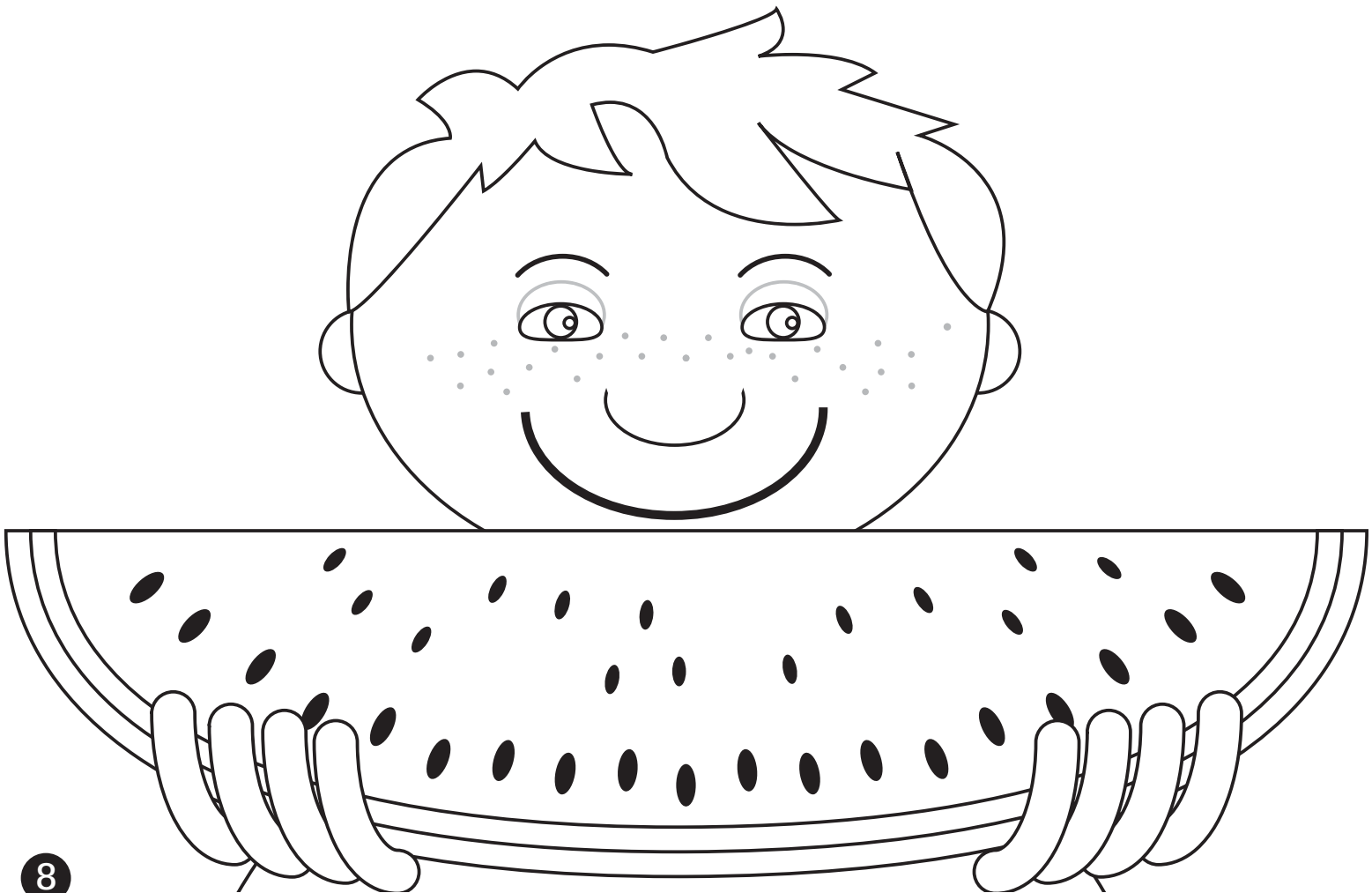


WATERMELONS

The watermelon is part of the gourd family, like cucumbers, squash and pumpkins. Watermelons are grown in 28 Louisiana parishes.

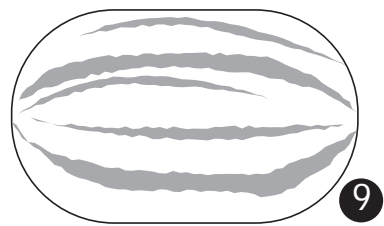
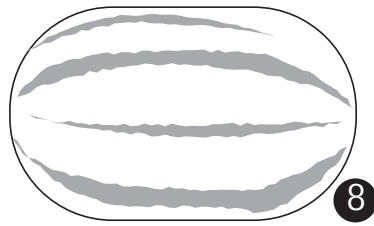
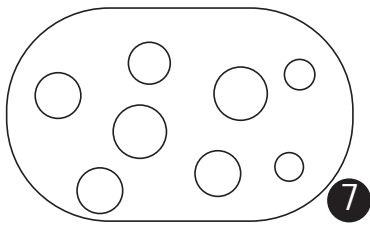
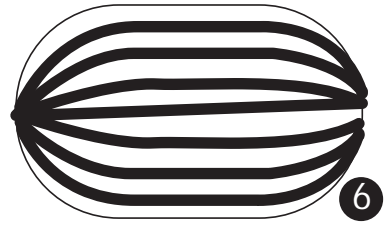
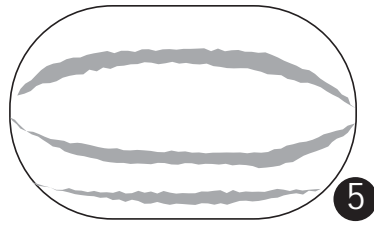
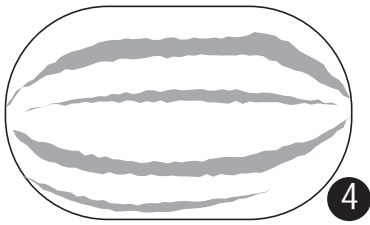
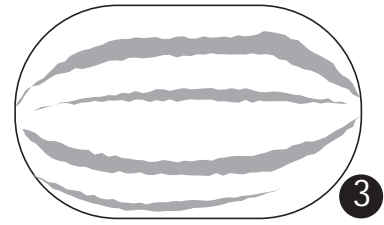
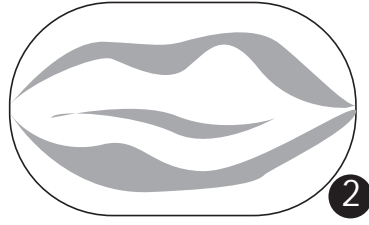
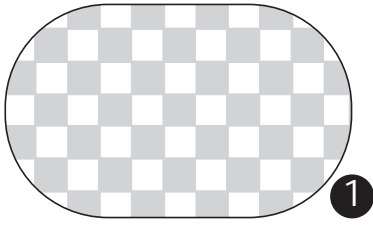
Good for You: Watermelon is an excellent source of vitamins A, B6 and C and potassium. It is high in lycopene, which protects against heart disease and some cancers.

Louisiana Value: \$10 million



Match Game

Can you find the two watermelons that are alike?



Answer: 3 and 4

Try this delicious recipe!

Red, White and Blue Watermelon Sundae

Enjoy watermelon often this summer for a tasty, healthful snack. Eat fresh, sliced watermelon, or try this fun recipe:

You will need:

- 4 cups watermelon balls
- 2 cups fresh blueberries
- 4 spoons whipped topping (low-fat)

Gently mix together the watermelon and blueberries. Divide among four sundaes. Top each with a dollop of whipped topping. Serve immediately.