



BENEFITS

Because it lives up to its name!

Watermelon is made up of 92% water. There's nothing more refreshing than sinking your teeth into a nice, juicy slice of watermelon on a hot summer day!

The watermelon, a sizable fruit!

Weighing up to 40 kg, the watermelon is thought to have originated in Africa and was introduced to the Americas during the Spanish conquest.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



WATERMELON CAKE

Portions: 4  20 min

Ingredients

- 1 watermelon
- 375 ml (1 1/2 cup) 35% whipping cream
- 250 ml (1 cup) vanilla Greek yogurt
- 125 ml (1/2 cup) plain cream cheese, softened
- 80 ml (1/3 cup) icing sugar
- 15 ml (1 tbsp) orange zest
- 2.5 ml (1/2 tsp) vanilla extract
- 1/2 honeydew melon
- 1/2 cantaloupe
- 125 ml (1/2 cup) blueberries
- 12 mint leaves

Directions

1. Remove the rind from the watermelon. Cut two slices 5 cm (2") thick at the centre of the watermelon. Using a 15 cm (6") cookie cutter, cut out a circle from each slice. Set aside the rest of the watermelon.
2. Whip the cream with an electric mixer until peaks form. Add the cream cheese, yogurt, icing sugar, zest and vanilla. Continue whipping until creamy.
3. Using a melon baller, scoop out 12 balls from the honeydew melon. Repeat with the cantaloupe and the remaining watermelon.
4. Spread the cream cheese mixture on each round watermelon slice. Top with blueberries and the balls of watermelon, honeydew and cantaloupe. Layer the watermelon slices and decorate the cake with the mint leaves. Keep cool until ready to serve.

Source: Inspired from pratico-pratiques.com/cuisine-et-nutrition/recettes

Note

Watermelon-flavoured water

- 2 cups water
- 1/2 cup watermelon, cut into cubes

Mix together the water and watermelon cubes and serve.

Flavouring your water with fruits (melon, strawberries, raspberries, etc.) or vegetables (cucumber) gives it a little something extra. You can even add fresh herbs. But try to limit the use of citrus fruits (lemon, orange, lime, grapefruit) as they can affect your teeth. Also avoid commercial flavoured waters and liquid or powder flavours. A simple home-made recipe does the trick!



WATERMELON AND GRILLED HALLOUMI SALAD

Portions: 3 to 4  5 min  10 min

Ingredients

- 160 ml (2/3 cup) durum wheat couscous
- 500 ml (2 cups) watermelon, finely diced
- 60 ml (1/4 cup) red onion, finely chopped
- 45 ml (3 tbsp) lemon juice
- 250 ml (1 cup) halloumi, finely diced
- 15 to 30 ml (1 to 2 tbsp) fresh mint, finely chopped
- 15 to 30 ml (1 to 2 tbsp) fresh basil, finely chopped
- Pepper to taste

Directions

1. In a saucepan, boil water and add the couscous. Cook about 5 min (or follow package instructions). Drain, rinse under cold water and transfer to a bowl.
2. Add the watermelon, red onion, lemon juice and fresh herbs.
3. In a frying pan, brown the diced halloumi about 3 to 5 min.
4. Add to the salad and mix to combine.
5. Season with pepper and serve while the halloumi is still warm.

Note

You can also add diced cucumber, tomato or other vegetables of your choice.

Source: Julie Strecko, RD

DID YOU KNOW...?



Some Japanese farmers grow watermelons in glass boxes to give them a square shape, making it much easier to store them.

