

Watermelon

The watermelon is an annual that has a prostrate or climbing habit. stems are up to 3 m long and new growth has yellow or brown hairs. leaves are 60 to 200 mm long and 40 to 150 mm wide. watermelon contains a wealth of nutrients, such as vitamins, minerals, and antioxidants, but hardly any calories. a favorite summer picnic fruit, watermelon is 90 percent water and has lots of this chart graphically details the %dv that a serving of watermelon provides for each of the nutrients of which it is a good, very good, or excellent source according to our food rating system. watermelon is a delicious and refreshing fruit that's also good for you. it contains only 46 calories per cup but is high in vitamin c, vitamin a and many healthy plant compounds. watermelon is a fruit that grows on a vine-like flowering plant native to southern africa. it was cultivated in the Nile river valley, in Egypt, and eventually in China, roughly 1,000 years ago. now, watermelon is grown around the world, and in 44 of the 50 states in America. it is specifically the watermelon probably originated in the Kalahari desert in Africa. Egyptians placed watermelons in the burial tombs of kings to nourish them in the afterlife.

Watermelon, baby cucumbers, feta cheese, mint, and red onion are tossed together in this summer salad recipe. watermelon may be a natural Viagra, says a researcher. that's because the popular summer fruit is richer than experts believed in an amino acid called citrulline. word on watermelon botanical name: Citrullis lanatus watermelons have reputed roots in Africa, with the first recorded harvest in Egypt somewhere around 5,000 years ago. a long time, watermelon has been taken for granted as a sweet, tasty summertime fruit, made of sugar and water, and nothing more. over the past years, nutritionists, medical professionals, scientists and researchers have taken an interest to find out more about watermelon's health benefits.

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