

**Family Living  
Focus**

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Centre Co.  
Extension Agent



**WATERMELON—A  
SUMMERTIME TREAT**

Did you know that there are over 50 varieties of watermelons? They range in size from five to 50 pounds!

Most of us are familiar with the red-flesh of watermelons, but here are also orange and yellow-flesh varieties. The reference books state there is very little flavor difference among the colors, but the red-flesh watermelons appear to be the most popular.

Watermelons are about 92 percent water and eight percent

sugar. They are a good source of potassium and vitamin A and a fair source of vitamin C.

Watermelons seeds are edible. In China, they are often roasted, salted and eaten like popcorn. Beware—watermelon seeds are high in fat!

Seedless varieties of watermelons have been around for 50 years. Even though they are considered seedless, the frequently have small, soft, edible seeds that are similar to those found in cucumbers.

Are you interested in trying a different way of serving water-

melon? The following watermelon treat ideas are from the National Watermelon Promotion Board.

**Watermelon Sorbet**

6 cups watermelon juice (In a blender or food processor, process chunks of seeded watermelon until liquefied)

1/3 cup lemon juice

1-1/2 cups sugar

In a large bowl, stir all ingredients together until the sugar is dissolved. Pour the mixture into an ice cream freezer. Freeze according to the manufacturer's instructions. Spoon the mixture into a freezer-safe container; cover and freeze until firm. Makes eight cups.

**Watermelon-Blueberry  
Banana Split**

2 large bananas

8 "scoops" watermelon (Use an ice cream scoop to scoop balls of watermelon. Remove seeds if needed)

1 pint fresh blueberries

1/2 cup vanilla low-fat yogurt

1/4 cup crunchy cereal nuggets

Peel bananas and cut in half crosswise; cut each piece in half lengthwise. For each serving, place two banana pieces against the side of a shallow dish. Place a scoop of watermelon at each end of the dish. Fill the center of the dish with blueberries. Stir the yogurt until smooth; spoon it over the watermelon. Sprinkle with cereal nuggets. Makes four servings.

**Wacky Watermelon Pie**

1 container (12 ounces) frozen non-dairy whipped topping, thawed

1 box (3 ounces) watermelon-flavored gelatin

1/4 cut water

2 cups watermelon balls

1 nine-inch crumb pie shell

In a large bowl, fold the whipped topping, gelatin, and water together. Fold in the watermelon balls. Spoon the

mixture into the crumb pie shell. Chill for two hours before serving. Makes eight servings.

**Watermelon-Strawberry  
Shake**

1 container (8 ounces) lemon non-fat yogurt

2 cups watermelon, cubed and seeded

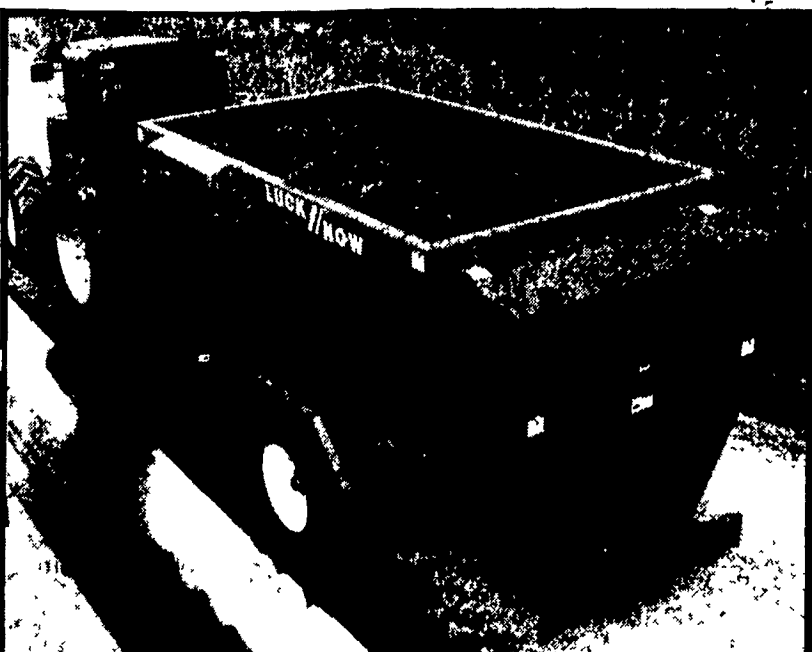
1 pint fresh strawberries, cleaned and hulled

1 medium banana, peeled and sliced

In a blender or food processor, process yogurt, watermelon, strawberries, and the banana until smooth and frothy. Serve immediately. Makes four servings.

**Watermelon Strawberry  
Frozen Treats**

Pour prepared Watermelon-Strawberry Shake into small paper cups. Freeze, inserting popsicle sticks or plastic spoons when the mixture is partially frozen.



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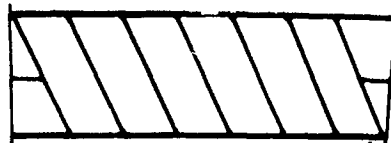
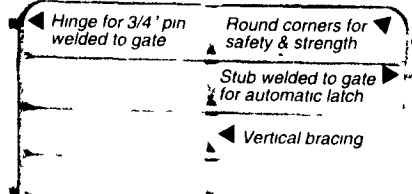


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on the fabric, then press firmly with a white blotter, check several spots and repeat with a little water mixed with detergent. If no color appears on the blotter, the quilt can be washed:

- Soak the quilt for about 30 minutes in a bathtub filled with lukewarm water. Drain the water, without removing the quilt, and then refill, adding about half a cup mild, liquid dish detergent such as Ivory. Gently agitate from time to time for about 30 minutes. Drain and refill the tub with cool water several times until all evidence of soap is rinsed away.

- If bleaching is necessary, use half a cup per half-tubful of water of a dilute solution of oxygen bleach (such as Clorox 2). Soak for about 15 to 20 minutes, then repeat the detergent bath and rinse. (Old stains may be set for good, and trying too zealously remove them can damage the quilt).

- Gently squeeze out excess water—do not wring the quilt. Lay quilt out flat on absorbent towels and lightly press out as much water as you can.

- On bright, dry days, dry the quilt outdoors. Place it face-down on a sheet or a cotton mattress pad and out of direct sunlight. Cover with another cotton sheet. To dry a quilt indoors, lay it flat on towels and aim an electric fan over the surface. Never place a quilt on a line to dry, as uneven distribution of weight can weaken the fabric and stitching.