



Watermelon Lemonade

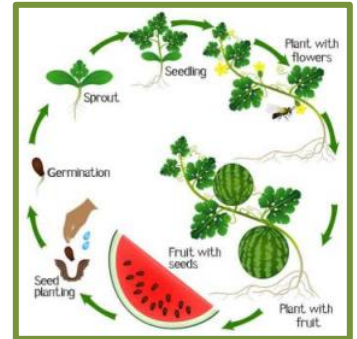
Stir up some watermelon lemonade and learn how giant watermelons grow from tiny seeds.



Sweet, juicy watermelon is a favorite summer treat that can be eaten as a snack, picnic food, or dessert. There are over 300 varieties of watermelons grown in the United States. Did you know that the inside of a watermelon can be red, orange, green, yellow, or white? Watermelons got their name because they are 90% water! They are also full of Vitamin C and fiber which makes them a healthy food choice.

Most watermelon varieties need 85 – 100 warm, sunny days to grow from a seed into a ripe watermelon. Watermelons first grew in parts of Africa. Today, they are grown in warm climates all over the world. Most watermelons in the United States are grown in the warm, sunny states of Arizona, California, Florida, Georgia, and Texas.

Watermelons can be grown in Maryland too! Many people prefer the taste of watermelon that has been grown locally. Seeds or small plants are planted in mid-to late April. After the roots, stems and leaves grow for about four weeks, yellow flowers begin to appear along the vines. Tiny watermelons will appear at the base of some flowers. The melons continue to grow during the summer and are harvested and in-season July, August, Sept, and into October. The average watermelon vine grows to be 12 feet long! Because growing watermelons requires a lot of space, most are grown on farms.



To watch a video about watermelon farming in Maryland click [here](https://tinyurl.com/h7tfkc).

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To watch a video about interesting watermelon facts click [here](https://tinyurl.com/a5745tps).

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To read 20 Fun Facts About Watermelon click [here](https://tinyurl.com/em4r2m8).

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To read more about growing watermelons at home click [here](https://tinyurl.com/3idst4zr).

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How to Make Watermelon Lemonade

1. Make simple syrup by mixing **½ cup of sugar** with **½ cup of water** in a small saucepan. Bring to a boil, reduce heat, then cool completely.
2. Blend **4 cups of cubed watermelon** until smooth. Strain through a mesh strainer. Discard pulp.
3. Fill a 2-quart container halfway with **ice**. Add the watermelon juice, **juice from three lemons**, and the cooled simple syrup.
4. Add **3 cups of cold water**. Stir to mix. Serve immediately.



Photo and recipe courtesy of spendwithpennies.com



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