



Gleaning Watermelon



farmers Against Hunger



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Cup Watermelon, **Protein:** 0.9 g, **Fat:** 0.23 g, **Carbohydrates:** 11 g, **Fiber:** 0.6 g, **Sugar:** 9 g, **Calcium:** 11 mg, **Magnesium:** 15 mg, **Potassium:** 170 mg, **Vitamin C:** 12 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Watermelon Pico de Gallo with Mango*

Season: *Summer*

Ingredients: 2 ½ Cups seedless watermelon, cut into ½-inch dice, 1 Cup mango, cut into ½-inch dice, 1 jalapeno, seeded and minced, ¼ Cup diced red onion, 2 Tbsp. chopped cilantro, juice of 1 lime, ½ tsp. lime zest, pinch of sugar, kosher salt to taste.

Instructions: Mix all ingredients together and serve with your favorite chips!

Fun Facts:

- ★ The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.
- ★ watermelon is 92% water.
- ★ Watermelon is the cousin of cucumbers, pumpkins and squash.
- ★ Early explorers used watermelons as canteens.
- ★ The United States currently ranks 5th in worldwide production of watermelon.
- ★ About 200-300 varieties of watermelon are grown in the US.

Source: watermelon.org

For more information on **Farmers Against Hunger and NJ Agricultural Society**,
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