



# WATERMELONS

Watermelon is a warm-season fruit thought to have originated in the semitropical regions of southern Africa. Today, watermelons are produced in 96 countries.

Watermelon is relished by many people across the world due to its taste, thirst-quenching and nutritious characteristics. Watermelon contains Vitamins C and A as well as beta-carotene and lycopene that help our immune system fight disease.

## Seasonal Availability

Location	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Texas				Available	Available	Available	Available	Available	Available	Available		
Virginia							Available	Available	Available			
Canada								Available	Available			
Costa Rica	Available	Available	Available	Available								
Dominican Republic		Available	Available								Available	Available
Guatemala	Available	Available	Available	Available								Available
Honduras	Available	Available	Available	Available	Available							Available
Mexico	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Nicaragua	Available		Available	Available	Available							
Panama		Available	Available	Available								
Venezuela					Available							

Available