Next Week: Seashells



Mini Fact:

A typical watermelon is made up of 92% water.

As the days get warmer, people often seek ways to stay cool. One thing many people enjoy during the hot summer months is a juicy slice of watermelon.

The Mini Page takes a look at watermelons this week.

Fruit or vegetable?

People have debated for a long time whether watermelons are fruits or vegetables, and botanically (buh-TAN-ic-ly) speaking, they're a fruit. Botanically means "relating

to plants." Watermelons form from flowers that are pollinated by bees, and melons contain seeds, so that's what



makes them a fruit.

History

Nearly 5,000 years ago in Africa, an ancestor plant of the watermelon was of great importance to the people in this hot, dry environment. People in the area of the Kalahari Desert depended on the plant to store water. This desert region is extremely dry, and water can be hard to find, so people who live there take great care to store it.

While scientists don't know exactly what

the ancestor plant was, we do know that it had bitter flesh and that people would roast it and eat its seeds for nutrition.

Romans and Greeks used watermelon for its medicinal value. If a child got heatstroke, physicians placed a wet, cool rind on the child's forehead in order to lower their body temperature.

Watermelon was popular in India as far back at the 7th century. And by the 1600s, watermelons were grown in much of the warmer parts of Europe.

Watermelons showed up in America around 1570, when they found a new home in Florida.

Ways to enjoy

Watermelons are most often enjoyed during the summertime because they grow

best in hot conditions. People eat watermelons in many ways, but here are a few ideas you might haven't thought about.



Some people add lime juice,

salt, chile pepper flakes or even black pepper to their slices.

As a main dish, some people add watermelon to fresh salads or even to sandwiches in place of a tomato slice.

Varieties

If you ever visit a garden with watermelons growing, you might notice how they grow on a vine. Some might be small and others large, depending on their type, age and health.

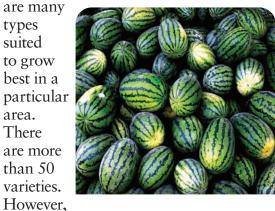
The heaviest watermelon was recorded in 2013. It weighed in at a whopping 350.5 pounds!

Weight can depend on the varieties, or types, of watermelons. Since these tasty treats are grown all over the world, there

to grow best in a particular area. There are more than 50 varieties.

types

suited



watermelons are often grouped into four general types: picnic, seedless, icebox and yellow/orange fleshed.

Picnic: Larger, 16-45 pounds. Seedless: Actually do have tiny seeds. Icebox: Smaller, usually 5-10 pounds. Yellow/orange fleshed: Can be both

seedless and seeded. Like the name tells us, these melons have flesh that is yellow to orange in color.

Resources

On the Web:

- bit.ly/MPwatermelon
- kidskonnect.com/science/watermelon/

At the library:

• "Watermelon Bellies" by Jennifer Nwokeji

Try 'n' Find

Words that remind us of watermelon are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:

BEES, COLOR, DESERT. FLORIDA, FRUIT, ICEBOX, INDIA, PICNIC, POLLINATION, RIND. SALAD, SEED, SEEDLESS, SLICE, STORAGE, VARIETY, VINE, WATERMELON.

Cook's Corner

You'll need:

• 1/2 cup sugar

• 1/2 cup water

What to do:

36 treats.

• 3 cups watermelon juice

• 2 teaspoons lemon juice

3. Fill ice trays with mixture.

Frozen Watermelon Treats

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ZSSKENSTORAGENO XANURECILSDRIND OLFLORIDASEEBJ BATRESEDWWYZQS EDWATERMELONEQE 1 G P C Ν П C A D N ITGCP F R ΧE Y Q Τ EIRAVTELUB Υ Т XGTVINESCOLORKG

Mini Jokes

Wyatt: How did the watermelon farmer feel after winning the lottery? Whitney: Like a "melon" bucks!

Eco Note

An international study of reptiles by more than 900 scientists across six continents finds that more than a fifth of all species are threatened with extinction. "If we remove reptiles, it could change ecosystems radically, with unfortunate knock-on effects, such as increases in pest insects," said researcher Neil Cox. While many reptiles are found in arid regions, far more live in forests, where they are threatened by climate change, logging and expanding agriculture.

adapted with permission from Earthweek.

For later:

Andrews McMeel

Mini Page Books, 1130 Walnut,

Kansas City, MO 64106.

Universal,

adult's help with this recipe.

an

need

Look in your newspaper for articles about summer fruits.

Teachers: Follow and interact with The Mini Page on Facebook!



ROOTONYM® 1. Shaped with curves, 2. Liquid removed by Jan & Carey Orr Cook Delicious. like a circle from fruit (5-letter adjective) (5-letter noun) 3. The quality of 4. Appealing, especially heaviness of an object to taste or smell (6-letter noun) (9-letter adjective) Study the definition. When green melon from the vine. 1. Miguel picked a you know the off her face while eating the ripe melon. 2. Susan wiped of the melon made it too hard for Jim to lift. 4. Sam planned to eat five slices of the melon.

1. Cook water and sugar in a small saucepan over medium heat. Simmer 3 minutes.

4. Freeze until mushy. Place a wooden stick in each cube. Freeze until firm. Makes about

2. Remove from heat. Add watermelon and lemon juice. Mix well.

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