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The watermelon *Citrullus lanatus* is a species of flowering plant in the family Cucurbitaceae that has a large edible fruit. It is a scrambling and trailing vine like plant and is widely cultivated worldwide with more than 1 000 varieties Dec 26 2025 The history of watermelons is a long one

There is a Sanskrit word for watermelon and fruits are depicted in early Egyptian art indicating an antiquity in agriculture of more than 4 000 years Oct 17 2024 Watermelon is packed with water and nutrients contains very few calories and is exceptionally refreshing

What's more it's a good dietary source of both citrulline and lycopene two powerful Feb 19 2025 Watermelons are a member of the Cucurbitaceae family along with other fruits such as honeydew melons cantaloupe melons and cucumbers

They can be a healthy addition to a balanced nutritious Jun 13 2025 Eating watermelon provides important vitamins such as C A and B6. There's a reason you always crave watermelon when it's hot outside. It's not just a nice treat it's hydrating nutritious and helps your body replenish lost fluids

Eating watermelon regularly can support your overall health Jul 19 2025 Thanks to its high water content and low calories watermelon is a smart and satisfying choice for weight control

You can enjoy watermelon in many fun ways eat it plain toss it in salads or blend it into cool drinks Botanically the biggest berry in the world the watermelon is a highly sought after summer snack. The most popular variety *Citrullus lanatus* subsp

vulgaris is widely grown for its tasty red flesh and high water content Nov 2 2025 Watermelon can aid in weight management when eaten instead of processed sweet snacks. Its nutrients like lycopene may protect against heart disease and Alzheimer's

Health benefits of May 25 2025 Nothing says summer like sinking your teeth into a slice of watermelon and it tastes even better if you grow the watermelon in your garden. Varieties range from large picnic watermelon to smaller icebox sizes to personal mini melons

We've gathered popular types of watermelon to grow in your garden this season or next for a unique fruit you'll love Aug 16 2024 Watermelons aren't just tasty treats they're packed with surprising facts

From their origins in Africa to their role in ancient Egyptian rituals these fruits have a rich history.

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