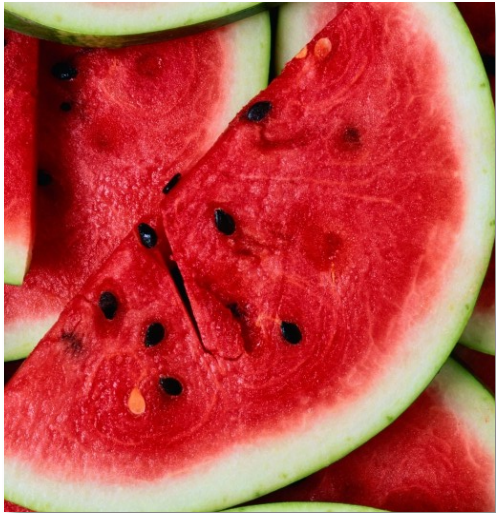


Watermelon



Watermelon contains lycopene which is a strong antioxidant that can help reduce the risk of cancer. It is also an excellent source of Vitamin A.



Watermelons are 92% water which makes them super refreshing.

Watermelons are grown locally in Hawaii, but are imported as well.



Watermelons grow on vines and grow up to an average of 20-25 pounds. The insides of watermelons are usually red, but some also come in yellow.

