

Watermelon:



Sweet Seeds of Truth

Fruit or vegetable, watermelon is truly the perfect summer dessert.



*I*t's a sweltering summer's day, the temperature hovers around the 90's, and the family is feeling the draining effects of the sun. They sit at the picnic table and devour hamburgers and hotdogs straight from the grill. Dad and the children push away from the table with full stomachs, but they still crave something refreshing. To their surprise and delight, Mom comes from the house to greet them with thick, juicy slices of red watermelon, the perfect summer dessert.

People aren't sure whether watermelon is a fruit or a vegetable. The National Watermelon Promotion Board says it's both. The watermelon is the fruit of a plant; the vine on which it grows originally came from southern Africa. This fruit is loosely considered a type of melon. Most people considered