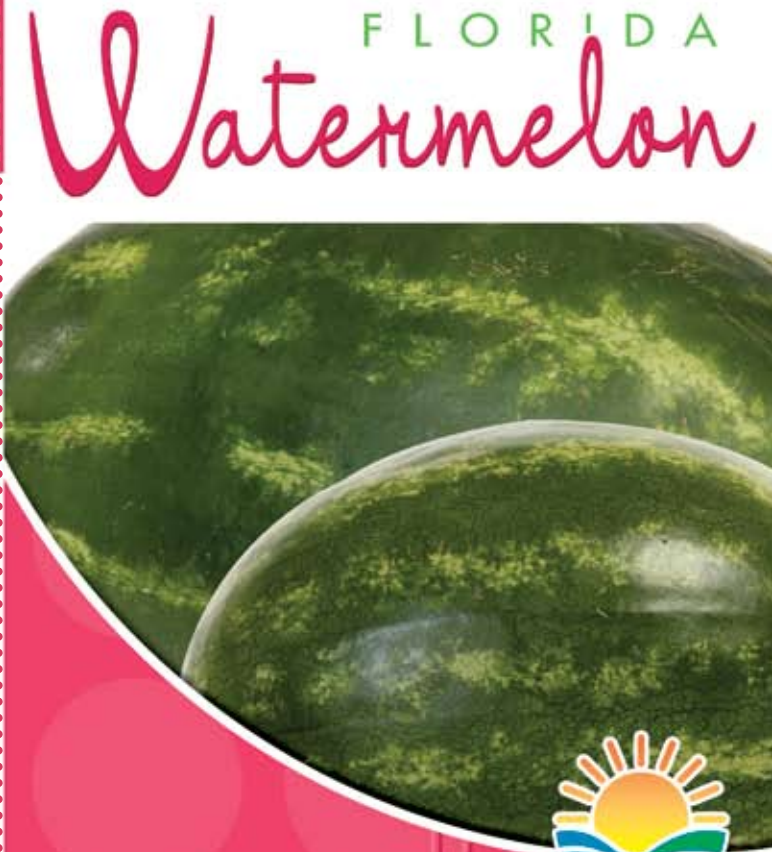


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Watermelon and Shrimp Cocktail Skewers

Yield 4 Servings

- 1/2 medium-sized Florida watermelon, peeled, seeded and cubed (about 32 cubes)
- 32 large Florida shrimp, cleaned, poached and chilled
- 1/2 bunch Florida shrimp, cleaned, poached and chilled
- 2 cloves fresh garlic, minced
- 1 tablespoon fresh grated ginger (or 1 teaspoon dried)
- 1/4 cup peanut butter
- 1/2 cup rice vinegar (or mild flavored vinegar)
- 1 tablespoon low-sodium soy sauce
- Kosher salt and fresh ground pepper to taste
- 8 six-inch bamboo skewers

Preparation

In a small bowl, whisk the vinegar and the peanut butter until completely blended. Add in the garlic, ginger and soy sauce until fully combined. Taste sauce and adjust seasoning with salt and pepper. Pour most of the dressing over the shrimp, reserving some sauce for dipping. Chill marinated shrimp for 1 hour. To assemble, alternate shrimp, watermelon cubes and torn basil leaves on 8 skewers. Serve skewers with leftover sauce.



FLORIDA Watermelon

Open Face Watermelon Sandwiches

Yield 4 Servings

- 1/4 medium-sized Florida watermelon, seeds and rind removed
- 1 handful fresh Florida mint leaves, chopped
- 8 ounces goat cheese
- 1/2 loaf of your favorite crusty bread, sliced thin
- Olive oil
- Kosher salt and fresh ground pepper to taste

Preparation

Crumble chilled goat cheese into a small bowl. Lightly mix cheese and chopped mint. Taste for seasoning and adjust with salt and pepper. Cut bread into 8 small slices and drizzle with olive oil. Toast bread slices until golden brown and crispy on top. Let bread cool slightly. Spread cheese mixture on the top of each slice of bread. Cut watermelon slices into fun shapes and layer watermelon on top of cheese. Lightly season the top of the sandwiches with salt and pepper. Serve at room temperature.





Florida Watermelon

Florida watermelons are a summer treat. Grown in the western parts of the state - from north Collier County to Columbia County - watermelon from Florida is available from late march until mid-July. The peak production time is in May and early June.

How to buy:

The exterior of a ripe watermelon should be a smooth, waxy green, with or without stripes. Watermelons will not ripen after they are picked, so it is important to select a ripe watermelon at the market. Ripe watermelons have a yellow or cream-yellow "ground spot" in the place the melon rested on the soil. If this spot is green or white, the watermelon is probably not ripe. If the watermelon has been cut, choose one with a bright, crisp, even-colored flesh.

Tips for storage:

Whole melons will keep in the refrigerator for no longer than a week. Once cut, they should be kept refrigerated and covered with plastic wrap.

Cooking tips:

Before cutting your watermelon, be sure to wipe it with a clean cloth and light soapy water. Every part of the watermelon is edible, including the rind and the seeds. The fiber-rich rind can be pickled, candied or turned into jam or jelly. The seeds are highly nutritious, packed with protein, vitamin E and potassium, and make a healthy, tasty snack if roasted in a low oven and salted.

Flavors well with:

Honey, salt, pepper, mint

Nutrition info:


Serving Size: 152g (1 cup, diced) • Calories 46

Calories from fat 2.07g • Total Fat 0.23g

Total Carbohydrate 11.48g

Protein 0.93g

Fiber 0.6g



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Watermelon and Shrimp Cocktail Skewers



Open Face Watermelon Sandwiches

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