

TEXAS WATERMELON ASSOCIATION

P.O. BOX 903 • WEATHERFORD, TEXAS 76086 • 817-596-0927 • Fax 817-594-1045
E-mail: melonred@sbcglobal.net • Web Site: www.texaswatermelon.com

APPLICATION FOR MEMBERSHIP
 NEW RENEWAL

Name _____ Date _____

Address _____ County _____

City & State _____ Zip _____

Phone _____ Fax _____ E-mail _____

The undersigned, actively interested in the Texas Watermelon Industry, desiring to have a part in promoting the best interest of all who may be similarly engaged and realizing the necessity of concerted action through organized effort, hereby applies for membership in the TEXAS WATERMELON ASSOCIATION, subject to and in accordance with the by-laws governing.

PLEASE CHECK WHICH CATEGORY YOU WOULD BE LISTED IN:

GROWER/SHIPPER (\$100/YR.)

SHIPPER (\$100/YR.)

RECEIVER (\$100/YR.)

ASSOCIATE (\$100/YR.)

GROWER (\$100/YR.)

Solicited by: _____ Signed _____

CITY _____ FIRM NAME _____

The above dues include the National Watermelon Association Dues and a one year subscription to the NWA bulletin. A newsletter is sent out by the National Watermelon Association to all members four times a year. The annual state convention is held each January. In 2010 it will be held at the Embassy Suites in McAllen, Texas — January 21-24. Current Dues must be paid by October of the current year to be included on our membership list and NWA membership list. Dues run January to January.

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WATERMELON, LYCOPENE - HOW HEALTHY?

-  WATERMELON is the LYCOPENE leader among fresh fruits and vegetables. Lycopene is a powerful antioxidant that may help prevent the risk of cancer and other diseases, including heart disease.
-  The lycopene in watermelon gives it its red color and preliminary research strongly associates it with the ability to prevent prostate cancer.
-  Lycopene is found only in red watermelon varieties, in some cases the redder the watermelon, the more lycopene it contains.
-  Lycopene is only available in a few other foods.
-  Watermelon contains 15-20 milligrams of lycopene per 2 cup serving. Besides containing lycopene, watermelon is a good source of potassium. Watermelon also contains Vitamin C. Vitamin C in watermelon can help to bolster your immune system's defense against infections and virus.
-  Watermelon contains Vitamins A, B6, and C. Vitamin A is important for optimal eye health. Vitamin B6 found in watermelon is used by the body to manufacture brain chemicals, such as serotonin, melatonin and dopamine, which preliminary research shows may help the body to cope with anxiety and panic. Vitamin C in watermelon can help bolster the immune system's defenses against infections and viruses and can protect a body from harmful free radicals that can accelerate aging and conditions such as cataracts.

Watermelon is a nutritious and delicious part of any healthy diet. Eating 5 or more fruits and vegetables a day is a good way to make sure you are getting the proper nutrition needed. Watermelon is heart-healthy and certified by the American Heart Association because it is low in saturated fat and cholesterol for healthy people over age 2. This heart check mark indicates that watermelons can be part of a heart-healthy diet. All foods displaying the heart-check mark are evaluated to ensure they meet the program's standards.

Your ticket to good health by the National Cancer Institute and others: eat five or more daily servings of fruit and vegetables helps to maintain health and may lessen cancer risk. It's so easy to include watermelon in your healthy diet plan, keep watermelon chunks, slices or juice in your refrigerator and enjoy the sweetest, juiciest, fruit all year long.

OBJECTIVES & HISTORY

The purpose of the Association is to promote the best interest of the industry from production to consumption. The Association is constantly seeking improvements in the growing, grading, handling, transportation, distribution, and sale of watermelons. The Association works to increase efficiency within the industry for better profits and to provide the consumer with a better product for greater sales.

The Texas & Oklahoma Watermelon Association was organized in 1966, under the name of Texas Watermelon Growers and Distributors Association. In 1978 the name was changed to Texas Watermelon Association to better reflect the scope of the membership, and chartered as a non-profit organization in 1979. In 1986 the name was changed to the Texas & Oklahoma Watermelon Association thereby better defining the Association. The Texas & Oklahoma Watermelon Association is a chapter of the National Watermelon Association made up of 9 state chapters, with membership in 30 states and Canada, totaling over 700 members. In June 2006, the name was changed to The Texas Watermelon Association.



GO TEXAN.

Watermelon Breakfast A Go Go

For 50 Parfaits

- 15 pounds small chunks of seedless watermelon
- 3 quarts low-fat banana yogurt
- 6 to 7 pounds of low-fat granola

In a large, cylindrical glass or 16-ounce "to go" cup or lidded container, create the following parfait:

- Bottom Layer: 1/3 cup low-fat granola*
- Next Layer: 1/2 cup small chunks of seedless watermelon*
- Next Layer: 1/2 cup low-fat banana yogurt*
- Next Layer: 1/3 cup low-fat granola*
- Next Layer: 1/2 cup small chunks of seedless watermelon*
- Top Layer: 1/2 cup low-fat banana yogurt*

Garnish: A slice of banana, toasted almonds or coconut, and chunks of watermelon



Watermelon Fire and Ice Salsa

- 3 cups seeded and chopped watermelon
- 1/2 cup green peppers
- 2 tablespoons lime juice
- 1 tablespoon chopped cilantro
- 1 tablespoon green onion
- 1 tablespoon garlic
- 1-2 tablespoons jalapeno peppers

Combine ingredients; mix well and cover. Refrigerate 1 hour or more. Makes 3 cups. Serve with chips or as a garnish for chicken and fish.

MOLLIE BENNETT

2009 Texas Watermelon Queen

Each year a Texas Watermelon Queen is selected at the annual Convention of the Association.

Her promotional tour takes her to watermelon festivals, parades, radio and television appearances, meets with Local, State, and US officials, and in-store watermelon promotions in supermarkets.

The state Watermelon Queen represents the Texas Watermelon Association at the annual National Watermelon Convention where she competes for the title of the National Watermelon Queen.

Please contact the Texas Watermelon Association office for more information for promotional availability of the Texas Watermelon Queen.



Visit www.watermelon.org and www.nationalwatermelonassociation.com for watermelon info and recipes and lots more.

2009 Texas Watermelon Association Executive Officers

PRESIDENT..... Roy Larralde
 1ST VICE PRESIDENT..... Jimmy Henderson
 2ND VICE PRESIDENT..... Paul Wiggins
 SEC./TREASURER..... Wanda Letson