



Watermelon Seeds

What Are the Benefits of Watermelon Seeds?

A myth often told to children is an eaten watermelon seed (or seed from any other fruit) will grow into a watermelon inside the child's stomach. While most people in Western societies think only of eating the watermelon's flesh, the entire watermelon can be consumed, including flesh, seeds and rind. Additionally, the seeds have nutritional value.



Eating Watermelon Seeds

1. In Western culture, the watermelon is a fruit with widespread appeal. As with most fruits, its seeds are almost always discarded and not eaten, but they can be consumed, and in other parts of the world, their consumption is more common. In Asian and Middle Eastern countries, watermelon seeds are collected and roasted so they can be served as a snack. In Nigeria, watermelon seeds are used in certain soups. Watermelon seeds have their own nutritional makeup, including proteins, fats, iron and other nutrients. Watermelon seeds are also a source of calories.

Calories

In 1 cup (108 g) of watermelon seeds, there are about 602 calories. Contrasted with 1 cup of cooked brown rice, which contains only 216 calories, watermelon seeds are relatively high in the number of calories per gram or per cup.

Fat

Of the 602 calories in 1 cup of watermelon seeds, 428 calories come from fat, whereas in the same volume of rice, only 15 of 216 calories come from fat. Watermelon seeds are composed of about 50 percent oil, which helps to explain its relatively high fat content--51 g of fat per 108 g of watermelon seeds, or 79 percent of the recommended daily value. There are 11 g of saturated fat in the 51 g of fat and no trans fats.

Protein

Watermelon seeds are composed of about 35 percent protein and are a good source of protein on a per-gram basis. In 1 cup of watermelon seeds, there are 31 g of protein. The protein in watermelon seeds is of reasonably high quality; of the nine essential amino acids, watermelon seed protein ranks highly in all but one, lysine.

Other Nutrients

Watermelon seeds are a good source of several vitamins and minerals. Per 1 cup, watermelon seeds contain a significant amount of the following vitamins: Thiamin (14 percent of recommended daily value), riboflavin (9 percent), niacin (19 percent) and folate (16 percent). Regarding minerals, watermelon seeds provide calcium (6 percent), iron (44 percent), magnesium (139 percent), phosphorus (82 percent), potassium (20 percent), zinc (74 percent), copper (37 percent) and manganese (87 percent).



Chewing the Seeds

Because of their size and hard outer coating, watermelon seeds, if not chewed or otherwise broken down before swallowing, can easily pass through a person's digestive tract undigested. If this happens, none of the seeds and none of its nutrients are absorbed into the body. Watermelon seeds should be chewed before swallowing if its nutritional content is desired.

Water Melon Seeds : We are pleased to introduce ourselves as one of the leading wholesale suppliers of whole & ground spices in both the Indian as well as international market. Among them watermelon seeds is one of our major products. The very high proportion of the unsaturated
Seed Germination

Germination is a complex physiological process with photo-dependency, initiated by water absorption during a period of optimum temperatures. When these three criteria are met, seed dormancy is lifted and the radicle emerges, signalling the end of the germination process.

Sowing Depth in the Field

The size of a seed is a good indication of its optimum sowing depth. When seed is sown too deep, most of the reserves in the endosperm will be used for germination and radicle growth, leaving very little for further development. A good rule of thumb is to sow at a depth of four times the seed width.

Seed storage

Watermelon seed will last 3 - 4 years when kept dry (10 - 15% seed moisture content), and at cool, constant temperatures (14 - 20°C). Seed packaging opened too long before sowing, and frequent and rough handling will lower watermelon seed viability

Transplanting

Watermelons are frost-sensitive and should only be transplanted in warm, well watered soil. Transplant shock can be minimized by transplanting in the afternoon or by using the anti-transpirant Vapor Guard. Apply Kic Start during cool transplant periods. Seedling growth is boosted, as it promotes early root growth, which is the first priority after transplanting.

Detailed Product Description

Price is 15 EUR per 1 kg (exclusive of vat)

Well known variety from a leading dutch producer.

Characteristics:

- light and dark green with stripes
- weight is approx. 8-10 kg
- blocky-oval shape.
- flesh is brilliant red, nice skin of the fruit.
- maturity in approx. 85 days.
- especially developed for the quality of the flesh texture.
- fusarium and anthracnose resistant.

Delivery:

- january 2007
- price excludes deliver cost, but can be arranged upon request.

Minimum quantity: 100 kg

Payment: advance payment

For further inquiries or in case you need other vegetables or flower seeds from holland, please contact us via our website

Water Melon Seeds - (Food Ingredients)

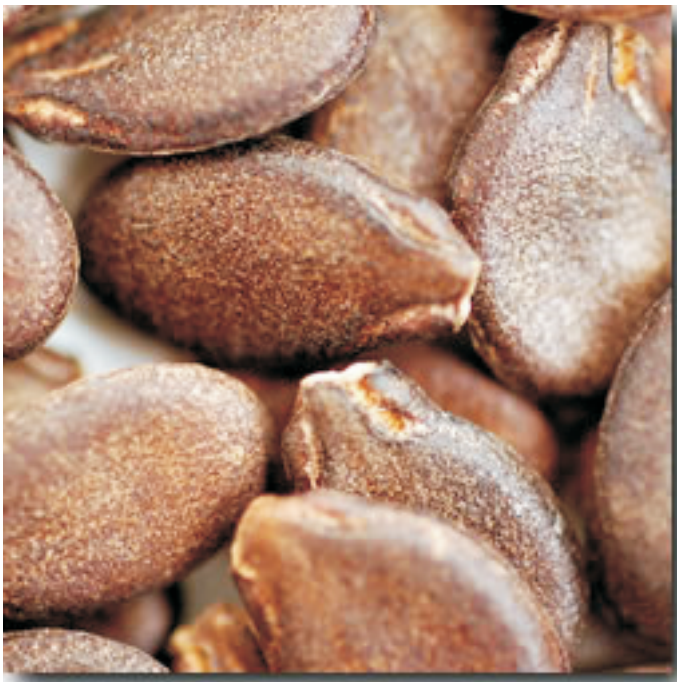
These beautiful watermelon seeds are rich in taste and don't have any characterizing smell like sunflower and pumpkin seeds. They were our timepass snack when we were growing up. And in South India, they are added to betel nut(areca) mix (supari) as part of paan masala.

These days I am adding these seeds, spoonful of them to curries/kurmas. They bring subtle flavor and sweet nuttiness to whatever dish I add, love the taste of them.

Checkout for more weekend veggie/food ingredient blogging at kalyn's Kitchen.

Features:

- 1) Early grow, plant is strong, nice performance of bearing fruit with nice round-shape.
- 2) Pattern of the watermelon peel: Green color background with black steaks.
- 3) Pulp: Orange yellow, tender with much juice and few seeds;
- 4) Central sugar degree: 13
- 5) Unit watermelon weight: 6-8kg.
- 6) The peel of watermelon is thin, and the fruit is not easy to be dehiscent.



Contact information for Taj Group companies in India.

TAJ AGRO INTERNATIONAL
(A Division of Taj Pharmaceuticals Limited)

<http://www.tajagroproducts.com>

E-mail :

tajagroproducts@gmail.com

tajagrointernational@gmail.com

