



Seeded Watermelons: Beyond the Seeds

[Seeded watermelons](#) are the classic summer fruit, packed with flavor and potential health benefits. They may have a slight edge in fiber, healthy fats, and micronutrients compared to seedless varieties. Beyond nutrition, seeded watermelons offer advantages like affordability, reduced environmental impact, and unique taste and texture. They also support biodiversity by encouraging genetic diversity. Enjoy seeded watermelons by consuming the seeds (roasted or raw), spitting them out, or using various de-seeding methods. So next time you're picking a watermelon, consider the benefits of going seeded!

