

**GENERAL ASSEMBLY OF NORTH CAROLINA
SESSION 2011**

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SENATE RESOLUTION 565

Sponsors: Senators Rouzer, Jones; and Brock.

Referred to: Rules and Operations of the Senate.

April 12, 2011

1 A SENATE RESOLUTION ENCOURAGING THE CITIZENS OF THIS STATE TO
2 OBSERVE JULY OF EACH YEAR AS WATERMELON MONTH.

3 Whereas, watermelons are grown in most counties in North Carolina, with the
4 largest concentration grown in the coastal plains; and

5 Whereas, in 2010, North Carolina ranked 8th in the nation in watermelon production;
6 and

7 Whereas, in 2010, watermelons were harvested from 7,100 acres, producing 200
8 million pounds of watermelon for a total farm gate value of 24 million dollars; and

9 Whereas, evidence indicates that eating fruits and vegetables daily as part of a
10 healthy diet will improve health and protect against diseases such as cancer, high blood
11 pressure, stroke, heart disease, and diabetes; and

12 Whereas, watermelon has no fat or cholesterol and is an excellent source of vitamins
13 A, B6, and C, fiber, and potassium, which are all vital to good health and disease prevention;
14 and

15 Whereas, watermelon is also an excellent source of lycopene, an antioxidant found
16 only in a few red plant foods and has been shown to reduce the risk of certain cancers; and

17 Whereas, watermelon, which is harvested in North Carolina as early as July 1, has
18 been a nutritious summer favorite from generation to generation; and

19 Whereas, the month of July would be an appropriate time to establish Watermelon
20 Month in North Carolina; Now, therefore,

21 Be it resolved by the Senate:

22 **SECTION 1.** The Senate encourages the citizens of this State to observe July of
23 each year as Watermelon Month in North Carolina to recognize the health benefits of
24 watermelon and the importance of watermelon to the agriculture industry of the State.

25 **SECTION 2.** This resolution is effective upon adoption.

