

1: The rest of the afternoon was watermelon: Mary Santomauro: [www.enganchecubano.com](http://www.enganchecubano.com): Books

*Summer is the season of watermelon. So if your goal is to eat as much of it as possible while it's around, we have watermelon recipes to take you through every part of the meal (and snack time, too.*

Summer Activities for Kids: We recently had a watermelon-themed day full of watermelon crafts, activities, and sensory play! Plus, you can eat the watermelon while you play with the shell. These activities are great for science play, gross motor skills, art, and math! Come join us on our watermelon adventure! Please see our disclosure policy. He just laughed and laughed each time the watermelon rolled the opposite way of the pins. He even came up with different games to play! The first game he decided to keep backing up further and further from the pins. The second game he kept adding pins one at a time to hit, so we started with 1 and worked our way up to 10. This is a great idea for building those counting skills! This one was super fun. We started off with me sitting on one side, and M. That got kind of messy with the watermelon going on the concrete sorry, Daddy! We just loved the prints that the watermelon made on the paper. He adored this part! Just put him in a big tub of cold, soapy water and have fun! See that big watermelon in the middle? Watermelon was all cleaned up we cut him in half and scooped out all of the pulp to store for snack time later. He smushed it and squeezed it in his hands, randomly taking bites. Ready to make your own volcano? To get the lava nice and foamy add some drops of dish soap. The rest of the environment included some left-over watermelon scented red and green rice we had and some black beans for the watermelon seed look. M then dumped in some leaves, dinosaurs, zoo animals, and whatever else he wanted to explore the volcano with. This is so easy to do! You can use a muffin pan or ice cube tray. I poured some green paint at the bottom any paint will do, we used Crayola Washables and then I added some seeds black beans to the middle. I then layered some red paint on top and added more seeds. After pulling from the freezer sprinkle some watermelon kool-aid on top and you have watermelon-scented ice paint! This was a messy but we love messy and FUN project! Who knew you could freeze paint?! The feeling of the paint melting and the cold of the ice was just too awesome! I loved how the seeds came out onto the painting while you were using the ice cubes too! It added to the whole element very nicely!

### 2: What is the history of watermelons? | Nutrition - Sharecare

*The rest of the afternoon was watermelon [Mary Santomauro] on [www.enganchecubano.com](http://www.enganchecubano.com) \*FREE\* shipping on qualifying offers. Book by Santomauro, Mary.*

The two affiliated short lines connected at Perry, Fla. Eastbound train 2 made a side trip as Nos. However it was occasionally necessary on heavy loading days to run an extra from Live Oak to Mayo or Day, the two major loading stations on the line and return to the Seaboard and Atlantic Coast Line interchanges at Live Oak. As the train dispatcher for the two short lines, whenever No. Two lumbermen, brothers James W. In the early s the road extended 76 miles from Adel, Ga. Rail weight was 56 and 60 pounds. The SG always ran an extra during the watermelon shipping season since it operated only one daily-except-Sunday freight train. The main loading stations were Empress, Quitman, and Morven, Ga. In , the first season after Southern Railway bought the two roads, the South Georgia handled its watermelons on an extra that ran from Perry to Adel and return six days a week, using ventilated refrigerator cars provided by Southern. The outbound loads were then routed via Southern at Adel. By this time Southern had upgraded the track between Perry and Quitman and maximum authorized speed had been raised to 30 mph. That year the extra made a round trip from Perry to Adel and return six days a week. I had called our crew for this trip for 5: Extra South wait at Adel until arrival of Extra North. The engineer was a boomer, having started on the Western Pacific in California. He was an adventuresome engineer as the rest of this story reveals. After another two blasts we were on our way about 6 p. All was going well until we rounded a curve a few miles north of Perry and saw a bulldozer trying to cross the track. Where the line paralleled U. The clickety-clack of wheels on the rail joints turned into a steady roar that was absorbed into the rumbling and pounding of the Cooper-Bessemer engines as they approached their maximum of 1, rpm. M as its consist, was due at Sirmans, 18 miles north of Perry, at 6: The crew and I had just enough time to walk over to the store for a soft drink before No. Having made the meet, the watermelon extra headed on its way, stopping at the Seaboard diamond at Greenville and opening the gates which removed the derrails from the SG track, then stopping while the rear brakemen closed the gates. We ran uneventfully to our first revenue stop at Empress, where the train dropped the 6 empty reefers and picked up 20 carloads of melons. With our first revenue tonnage in tow, we pulled over the ACL overpass at Quitman at 8: The agent, who had been fired from the ACL for Rule G violations, was obviously having trouble with his billing that evening, so I pitched in and waybilled the last of the 30 carloads of melons we picked up. After picking up 22 cars of melons at Morven and 4 cars of peaches at Barney, Ga. It should be noted that to prevent crushing of the bottom layers, only four layers of melons could be loaded in a car. This restricted the payload to 20, to 24, pounds per car, thus the tonnage per car was about one-half that of other commodities. The brace of tonners hauled the train handily over the ruling grade at Pilco as well as other, lesser grades. Since the best track on the SG before rehabilitation was between Quitman and Adel, this was the last stretch to be rebuilt. However, Southern had already rebuilt and raised the bridges some 10 inches in preparation for the track to be raised to the same level when it was rehabilitated, with appropriate runoffs in each direction. Looking back from the cab of the second unit, I could see the car numbers on the end of the reefers as they came over the humped bridges one by one like sheep jumping over a fence. There was always a rivalry among the South Georgia train crews, and this day was no exception. Its power was Southern SW1 No. Our southbound car train soon headed through the wye onto the SG main line on what was expected to be a straight mile run to Perry, stopping only at Quitman to register. The little GEs handled their tonnage nicely over the grades. From Quitman south the mph speed limit was easily maintained, perhaps too easily since the engines were not equipped with speedometers. Our train was on the main line between the house track switches so the local extra headed through the house track and passed our crippled train. In the excitement resulting from overtaking their hijacked train, the local crew ran through the south house track switch, oblivious to the fact that it was still lined for the main. Finally, the new brass was seated and packed and we were on our last lap to Perry, arriving at Boyd in time to clear train 2, which was due at 8: The conductor marked off at 9: Our watermelon extra had handled a total of 96 cars 90 loads and 6 empties on the mile round trip. Needless to say,

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the rookie dispatcher me was much better acquainted with physical conditions on the road, but definitely in need of a long Sunday nap. Due to inroads from trucks and the fact that the railroads had come to realize that payouts for loss and damage claims largely offset any profit they made in hauling watermelons, this was the last year that a special watermelon extra was operated on the South Georgia. A few carloads were handled the next year or two in regular train service before the traffic vanished altogether.

### 3: Berry Watermelon Fruit Salad & The End of Summer - Fork Knife Swoon

*In one version, dieters eat two meals each day and snack on watermelon in between. Another suggests a breakfast of cereal with milk and a slice of cheese, and a dinner of grilled lean meats and a.*

This was a great smoke! It definitely deserves the AAAA rating! The high put me in a great mood. The taste was amazing. I will definitely be buying this again! This strain is even better sitting in a jar for a few weeks. The aroma and flavour are out of this world. Gives you such a wonderfully warm buzzy feeling in the head, offers immediate effects but lasts forever. Burns pure white ash! Some solid consistent and flavourful bud. My 14g was identical buds all way through, crystal laden, and on the drier side of cure. Hoping this sticks around a while longer. Cheers â€” slick Rated 5 out of 5 lostintheclouds â€” June 27, Another incredible order of this!! I love this for the smell, the taste and the high. It actually lasts a decent amount of time as well. I just stay happy and productive for most of the day. Rated 5 out of 5 BubbaCheesePls â€” June 25, I am usually weary leaving five star reviews but as baked as I am right now I just had to share. This is the real Watermelon, ladies and gents. TGA Subcool hit it out of the park with this one. One of the very few strains where you experience a true sativa and indica trip. I find this to be a true hybrid an experienced user would really appreciate. I smell cheese when I break a bud. Reminiscent of an old time Blue Cheese almost. The smoke is very smooth and the taste is one of a kind. Everyone should try this strain. Tell me if you have seen a whiter ash after a proper bowl. Good shit BM â€” much love. The buds smells great and even better when busted up. Burns a white ash and tastes perfect. Breaks up great, smokes great! Smelled , looked and tasted amazing. Found this is the perfect strain to go home to after a long day or week and help wash away all my pain , stress and frustration. Left me on my own little cloud happier and more relaxed then ever Must have and a must try!! With the mind at ease and excited for some organic sativa herb this stuff delivered everything it is supposed to. Rated 5 out of 5 kk â€” June 19, Top 3 strain i have ever had the opportunity to smoke hands down. Astroboy feels so unique and advanced while experiencing the effects , aroma , and taste. Exotic flower for sure. This creeps into you nicely. I can see this strain becoming my favorite. Rated 5 out of 5 bluntman â€” June 18, Amazing bud. Absolutely top notch in every single way possible. Really reminds me of the best bags of pineapple or mango I have had in Amsterdam. Rated 5 out of 5 killacase â€” June 15, I actually think this is fucking epic!!!! Just like the picture and smells amazing!! Great indica that I can smoke during the day to still get things done. Quickly becoming a favourite. Smells amazing every time I open up my jar. It smells like watermelon in the jar and it tastes soo good. The high is just nuts too. I keep ordering a bit more on almost every order to add in my jar. This is one of those you cant ever have too much strains. Rated 5 out of 5 Natezey â€” June 11, The smell and taste alone could sell this bud by the Oz. I only tried a gram and that could be my biggest regret. The high was lovely, left me relaxed and not worried about a thing. Just wonderful Rated 4 out of 5 motajefe â€” June 10, First time ordering customer! So happy with service and quickness in delivery. I was looking for a good relaxing type smoke. Lovely watermelon taste on the tongue on the inhale. Comes on as sativa at first but after 30mins mellows out into indica bliss. Great aroma, burns nicely, medium o small sized nugs. Stealth packaging and fast shipping. This grower is consistently getting it right and doing so with unique strains. At least for me. Makes me feel really thinky and creative. Not a very strong high on my side but it definitely lifted my moods and provided me with an okay experience. Rated 5 out of 5 Shanaynay â€” June 1, Awesome stuff. Just need a little bit and it will mellow you right out! Good bang for your buck and it does the trick! Much more nicer than the other buds this grade. Rated 5 out of 5 lostintheclouds â€” June 1, Absolutely love this strain. Great The smell alone is incredible but the high is absolutely perfect. I found it to be a perfect strain to smoke in the daytime and still be able to get things done. New favourite for sure. Rated 5 out of 5 Dr. The stank is still in the empty jar. I have never tasted anything on this level. Such a chill stone to match too! Hats off to the grower! Rated 5 out of 5 Jemz â€” May 31, Delicious! One of my new favourites I will be ordering this as one of my staple flowers from now on!!! First hour of my high was uplifting and had me laughing really hard at a lame commercials on TV. The next hour I started to feel sleepy but i forced myself to go to the gym and I felt fully functional and focused. It has now been 3 hours since smoking and I

still feel a light buzz. The taste is really nice. Give off a sweet, fruity flavor. Happy I grabbed some and I highly recommend trying this bud. Rated 5 out of 5 thesmokingman â€” May 29, Definitely a nice balance of sativa with indica properties â€” starts off with a great active mind transitions into a solid lazy sleepy body chill. Nice bag appeal nugs are a wonder to behold clean high that is enjoyable alone or with friends great smoke morning afternoon or night time another home rum Budmail well done Rated 5 out of 5 Magicactus â€” May 28, And here I am again with a 28 already soaking up this amazingly sun and heat filled week. Gotta love it this Astroboy is so tasty and the buds are beautiful, dense packed with frost, the flavor whether you role a joint, hit the bong or the volcano its all delicious and amazing!! Rated 5 out of 5 spaceman79 â€” May 27, Gorgious buds! After a little time in a jar the watermelon really comes out. The flavor more than anything, is what I enjoyed most in this strain. The high was fantastic good for a wake and bake or a before bed bowl. Rated 5 out of 5 Hazytown â€” May 23, What a beautiful aroma and taste. The aroma is like fresh cut watermelon after a day or two in the jar. The taste is like sour watermelon candy and is just wonderful. The bag appeal is out of this world. This is a wonderful day time indica. Thanks for another great strain BM.

### 4: Watermelon and Yogurt Frozen Dog Treats (Pupsicles) - Baking Mischief

*The rest of the environment included some left-over watermelon scented red and green rice we had and some black beans for the watermelon seed look. M then dumped in some leaves, dinosaurs, zoo animals, and whatever else he wanted to explore the volcano with.*

Okay, so it was about 2 and a half weeks ago and I am just now getting to writing about it; however, I think that this is a good thing because then I can give an update about how I am doing this far afterwards!!!! So what exactly does that mean??? Well I ate nothing but watermelon for about 2. It was great and I am going to tell you all about it. I always make sure to buy the seeded ones: Oh yeah, check out those lovely seeds! Why do I prefer the seeded ones you ask? Well, aside from the fact that it is super-fun to spit out all of those seedsâ€”ha ha! They are part of how nature is supposed to survive! Not only that, but the seeded watermelons have about ten times more flavor than the seedless ones. Well the main reason is that I was really feeling like my body could use a good cleaning. Fasting can be quite the controversial subject. Some people say it is a great way to clean out, others argue that it is completely unnecessary while some categorize it as a dangerous thing to do. Poor food choices, bad food combining, and emotional turmoil are just a few reasons why we often become this way. This helps the body to kind of push through all of that build up that has accumulated over time. Why did I choose watermelon for my fast? This is why it is recommended to always eat it alone. I mean, seriously, go try eating a bunch of heavy food and then having a bowl of watermelon when you are done! You are probably going to have some serious digestive problems! So I say, because of the fast-digestion-action nature of the watermelon, it is the perfect food for fasting! Some people even fast on water alone! If you are a first-time faster, you may want to do it with experienced supervision! The reason for this is that when we are cleaning out the body this way, the process could jump-start your body to do a clean-up a little too quickly. This could result in your body being flooded with too many toxins all at once that are trying to get out! As a result, you could get kind of sick! So again, make sure you know what you are doing when you choose to fast! That was a lot of information! Well in case you are wondering, I will now share my personal fasting experience! I chose to do it over the weekend as it is kind of hard at least for me to fast on watermelon while working. The reasons being that I had to eat constantly and also I was in the bathroom peeing a lot! So yeah, I mostly stayed home this weekend! To ease into the fast, I consumed only fruit the day before. I figured that this would make it easier for my system to start pushing on the day of the fast and would minimize any discomfort I might experience. The day I started eating watermelon I did great all morning. I was going to the bathroom regularly, and overall I just felt really light and super happy!!!! So I started day 3 with watermelon in the morning. This might shock your body a bit! So I started with fruits. I officially broke my fast with grapes. Then I had some cherries and then some plums. Not that eating lots of fruits and veggies is at all uncommon for me, but I usually eat some nuts, seeds, beans and rice as well. I have been kind of taking a break from these things as I am really enjoying the extra light feeling that I have been experiencing! I plan to add these foods back in gradually as I see fit, however, for now I am really happy with my results! Hurrah for watermelon fasting! Here is one more picture to make you drool: I hope you are having a splendid day and I would love to hear about your fasting experiences if you have any to share!!!

### 5: How To Spike A Watermelon - Balls Vodka Review |

*Place the watermelon into the oven for around 45 minutes. Stir the trays half way through cooking. Once cooked add the watermelon to a mixing bowl with the rest of the marinade, stir well then cover the bowl & place it into the fridge to marinate for at least 1 day.*

### 6: Watermelon Extra | Classic Trains Magazine

*One-sixteenth of a medium watermelon contains grams of fructose (I recommend keeping your total fructose intake*

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*below 25 grams of fructose per day if you're in good health, and below 15 grams a day if you're overweight or have high blood pressure or diabetes).*

### 7: About Your Privacy on this Site

*Waking up with watermelon for breakfast is the best way to start your day. Thankfully, there are several ways to get some of your daily intake of fruit by making this easy take on chia seed pudding.*

### 8: Watermelon-Blueberry Salad: Easy July 4th Party Food | Savoring Today

*Watermelons are native to the Kalahari Desert of southern Africa. The first recorded watermelon crop was found in Egypt, as it was depicted in hieroglyphics on tomb walls dating back as far as Being held in such high regard, watermelons were left as food to nourish the dead in the afterlife.*

### 9: Mushy watermelon? - The New Internet Cafe - [www.enganchecubano.com](http://www.enganchecubano.com)

*This was the inspiration behind my recipe for Creamy No-Churn Watermelon Strawberry Ice Cream. Fresh cream and a hint of vanilla serve as a dreamy backdrop for the gorgeous, fresh fruit. Fresh cream and a hint of vanilla serve as a dreamy backdrop for the gorgeous, fresh fruit.*

*Ungrounded Empires Nagel, T. The possibility of altruism. Changes and Expansion in the English Cloth Trade in the Seventeenth Century Chopin fantasia impromptu piano Brer Bears red carrots and other stories Clinical Nutrition in the Under 5s Physical education and the physically handicapped child Ceremonies of longing Problems in ancient history The creation of America Gentrification and local schools : women shape the urban landscape 6. Use and variation of grammars 5 Hobbes uses of the history of philosophy Europe: Reading, Writing, Research : 100 Reproducible Activities Negation and Polarity Syntactic and Semantic Perspectives (Oxford Linguistics) The Emptied Soul (Classics in Archetypal Psychology) What is vocabulary development Clinical handbook of couple therapy Quantitative Analysis for Management (9th Edition) The Montgomery bus boycott, December, 1955 Gen X: youre in my way Genetically engineered crops are not dangerous L. Val Giddings The Plumpjack cookbook Southern Pacific in Oregon pictorial Biological science man 6th Humanitarians and white settlers in the nineteenth century Alan Lester Pt. 2. Kyoto and the administrations fiscal year 1999 budget request A story of books and libraries Graham Greene and the politics of popular fiction and film Issues and options to control agricultural nonpoint source pollution Sacchidananda Mukherjee Behind East Asian Growth On faith, reason and responsibility Conversion into Signs and Symbols Stem cell research ethics The Saint-Frances Guide to Inpatient Medicine Roses of may dot hutchison 5 dysfutions of a team book The world at your feet book The origin of discrete particles Victims of crime in the developing world*