

CHAPTER VI

CONCLUSION

6.1. Conclusion

In a conclusion, with how rich of various health benefits watermelon skin pickle is, it is a new innovative alternative for any other pickle product in order to recycle a material that is usually thrown away. As young generations, the author would likely to use our creative ideas by creating healthy foods in such a unique yet potentially favorable way amongst the people from all ages.

Watermelon skin pickle is a healthier alternative to gain more health in so many aspects since watermelon skin are considered functional foods because they offer lycopene, Lycopene which is quite a lot in tomatoes, it also appears in the white watermelon. Lycopene is a phytonutrient that can prevent cervical, esophageal and digestive cancer. Also contains liquid and fiber. Just like watermelons, the liquid content in the white parts of watermelon is also high and contains fiber.

With an affordable price, which is IDR 33,000 per pack, the writer do not target on particular target market since our purpose is mainly to let people from all rages to be able to get healthier beneficial nutrients which is from watermelon skin pickle.

6.2. Suggestion

The most important thing that need to be pay attention of is the material of tools and equipment in the making process of watermelon skin pickle. It is very strictly not to use any aluminium material. The acids from the fermenting process can interact and which could disrupt the fermenting process.

Pay attention also in the heat fermenting process, since the author based in a tropical country, there are many natural conditions that can lead to a potential dirt and insect contaminations. That is why make sure to check the temperature every day to ensure of the contamination prevention.

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