

# Melons

Melons come in many different varieties. The most common varieties of melons are watermelon, honeydew and cantaloupe.



## HOW DO I MAKE A GOOD SELECTION?

Choose melons that are symmetrical in shape and heavy for their size. They should be free from cracks, bruises and soft spots. Smell may not be a good indicator that the melon is ripe and sweet.

## WHAT IS THE PROPER STORAGE?

Store uncut melons on the counter for up to 10 days or in the refrigerator for up to three weeks. Cut melons should be covered in an air-tight container and refrigerated for up to five days.

## WHY SHOULD I EAT THIS?

Honeydew, cantaloupe and watermelon are good sources of Vitamin C, which helps heal wounds and cuts. Cantaloupe and watermelon are good sources of Vitamin A, which promotes eye health and cell growth. Cantaloupe also has potassium which helps with muscle movements.

## HOW COULD I USE THIS?

- Add melons to a salad
- Melons can be added to a fruit soup
- Chop melon and add to a fresh salsa, serve with cooked chicken or chips
- Make watermelon lemonade
- Puree and add 100% fruit juice to make homemade ice pops
- Make a honeydew slushy
- Enjoy melons raw
- Make a drink with cantaloupe and orange juice
- Serve cubed or sliced with a fruit dip



### DID YOU KNOW?

Melons grow on vines.

# WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 						X	X	X	X	X	X	
<b>MARKET</b> 						X	X	X	X	X	X	X

Sources: SNAP-Ed Connections and Nebraska Buy Fresh Buy Local



Photo Credit: Brenna Schmader

## RECIPE:

### Green Fruit Salad

1 Serving

#### Ingredients:

- 1/3 c. kiwi, peeled and chopped
- 1/3 c. honeydew melon, diced
- 1/3 c. grapes, quartered

#### Directions:

1. Wash hands with soap and water.
2. Rinse produce with cool running water before peeling and chopping.
3. Mix all ingredients together and serve immediately.
4. Store leftovers in a sealed container in the refrigerator.

#### Options:

- Make a parfait by layering the Green Fruit Salad with 1 (6 oz.) container of low-fat yogurt of your choice. If desired, top with cereal or granola.
- Make green fruit kabobs by placing small pieces of fruit from the Green Fruit Salad on skewers. If desired, place yogurt in a small cup for dipping.

#### Nutrition Info:

#### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Saturated Fat</b> 0g	<b>0%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
<b>Dietary Fiber</b> 3g	<b>11%</b>
<b>Total Sugars</b> 18g	
<b>Includes 0g Added Sugars</b>	<b>0%</b>
<b>Protein</b> 1g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 29mg	<b>2%</b>
<b>Iron</b> 0mg	<b>0%</b>
<b>Potassium</b> 413mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Nebraska Extension