

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
HARVEST 						X	X	X	X	X	X	
MARKET 						X	X	X	X	X	X	X

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



Photo Credit: Brenna Schmader

RECIPE:

Refreshing Watermelon Salad

4 Servings

Ingredients:

- 1 c. fresh spring greens
- 1 c. fresh cilantro, chopped
- 1 c. fresh watermelon, cubed
- 1/2 c. red grapes, halved
- 1/4 c. walnuts, chopped
- 1/4 c. feta cheese

Directions:

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

Nutrition Info:

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 1mg	6%
Potassium 163mg	4%

*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: USDA MyPlate Kitchen