

# Melons

## Nebraska Seasonal Produce Guide

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

### Why Should I Eat This?

Honeydew, cantaloupe, and watermelon are good sources of vitamin C, which helps heal wounds. 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.



### Proper Storage

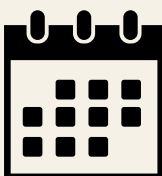
Store uncut melons on the counter for up to 10 days or in the refrigerator for up to three weeks. Cut melons should be covered in an air-tight container and refrigerated for up to five days.

### 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.

### How Could I Use This?

- Add melons to a salad
- Make watermelon lemonade or homemade ice pops
- Make a drink with cantaloupe and orange juice
- Serve cubed or sliced with a fruit dip
- Chop melon and add to a fresh salsa
- Make a honeydew slushy



### Seasonal Availability in Nebraska

**Harvest Season:** July through October

**Market Availability:** July through December



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