

Melons

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



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
- Purée 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

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.

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.

What is the Seasonal Availability of This Item?

| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| HARVEST | | | | | | | ✓ | ✓ | ✓ | ✓ | | |
| MARKET | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |