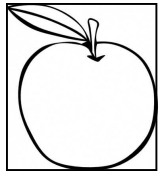


Melon Cantaloupe and Honeydew



In the garden:

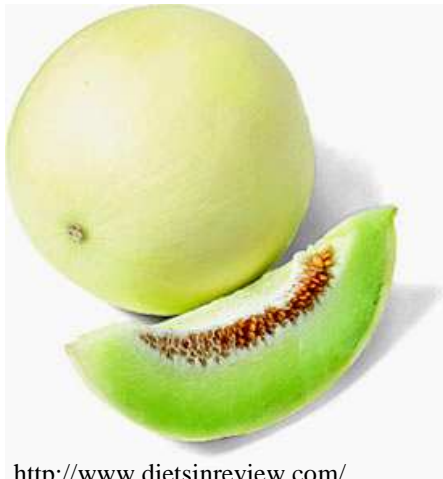


<http://www.gardenswag.com/wp-content/uploads/2012/03/how-to-grow-cantaloupes-melons-31.jpg>



http://4.bp.blogspot.com/-oYgz_-JI184/UkSuKMxKWdI/AAAAAAAAANc/QRkK0HVxdgE/s1600/SAM_4433.JPG

Ready to eat:



http://www.dietsinreview.com/diet_column/wp-content/uploads/2008/07/honeydew-melon.jpg



<http://www.fruit-powered.com/wp-content/uploads/2015/04/Cantaloupe-whole-and-sliced-640x360.jpg>



http://farm5.static.flickr.com/4110/4971666739_f6c7a8bf60_o.jpg



http://2.bp.blogspot.com/_bieH-shASYc/S9T2c30wfDI/AAAAAAAAAHvw/U0dJWOZcRvs/s320/fruit.jpg

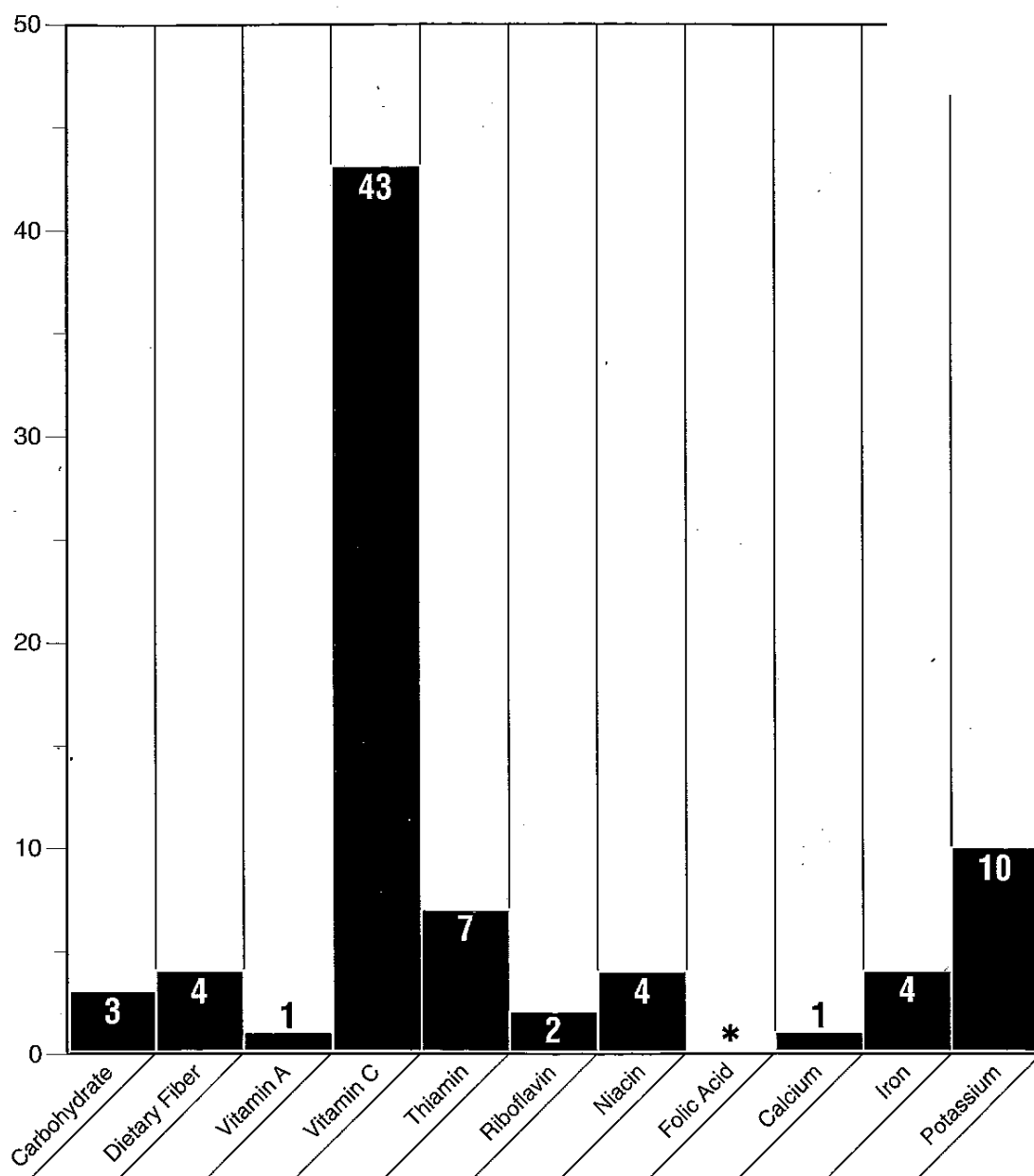
FUN FACTS:

- Honeydew melon comes with either white or yellow skin. White skin is the sweetest. It has more natural sugar than watermelon.
- Cantaloupe has been growing since ancient times in the Nile River Valley in Egypt. It is often called muskmelon.
- Melons grow in a hot dry climate as vines along the ground.
- You can puree these melons into cold soup, ice cream, or smoothies!

Melon Varieties

Nutrition Facts

% Daily Value



SERVING SIZE:

$\frac{1}{10}$ Casaba Melon

163 Grams

48 Calories

4% from fat

13% from protein

83% from carbohydrate

1.5 Grams Protein

10 Grams Carbohydrate

1 gram dietary fiber

0.2 Gram Fat

151 Grams Water

20 Milligrams Sodium

* Data unavailable

From California Department of Education, 2007

Melons are an excellent source of
Vitamin C to help heal your cuts & wounds.

Melon Salsa

Ingredients

- 2 cups fresh **melon** seeded and chopped, (honeydew, cantaloupe, or watermelon—use one kind or a combination)
- 1 cup **cucumber**, peeled, seeded and chopped
- 1/4 cup **onion**, red or white, chopped
- 2 Tablespoons **cilantro or mint** (optional), fresh and chopped
- 1 **jalapeño**, seeded and finely chopped
- 1/4 cup **lime or lemon juice**
- 1 Tablespoon **sugar**, white or brown



Caution! When handling hot peppers, the oils can cause burning and skin irritation. Wear clean kitchen gloves or wash hands thoroughly after preparing.

Directions

1. In a medium bowl, stir together all ingredients.
2. Taste and season with more lemon or lime juice if needed.
3. Cover and chill for at least 30 minutes. Serve with grilled fish, chicken or chips.

from: www.whatscooking.fns.usda.gov

Selection & Storing tips for melon

- Choose honeydew melons that are round. They should have a waxy, not fuzzy surface.
- Choose fragrant and symmetrical cantaloupes with a yellow or cream undertone color.
- All melons should feel heavy for size.
- Store at room temperature.
- Once cut, store in the refrigerator: honeydew for up to 2 weeks and cantaloupe for up to 5 days.

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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.



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