Melon  
Cantaloupe and Honeydew

In the garden:


Ready to eat:

[Image: http://4.bp.blogspot.com/-oYgz_-J1184/UkSuKMxKWdI/AAAAAAAAANc/QrkK0HVxdgE/s1600/SAM_4433.JPG]


[Image: http://2.bp.blogspot.com/_bieHshASYc/S9T2c30wfDI/AAAAAABAAwU/0dJWOZeRvs/s320/fruit.jpg]

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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!
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

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.

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