



Melon

A fruit originally from India or Africa that belongs to the same family as cucumbers, pumpkins, squash, and watermelons.

Buying

Choose: a heavy melon with no bruises, marks or parts that are soft or moist.

Serving Ideas

Melon is often eaten plain, but is delicious flavored with ginger, lemon juice, or lime juice. It is eaten with cereal and in fruit salads.

Nutritional Information

Per 3.5 oz/100g	
Water	90%
Protein	0.5-1g
Carbohydrates	8-9g
Calories	35

Preparing

Cut the melon in half or in quarters. Remove the seeds from the central cavity, but leave those in the part of the melon that is not being eaten (which keeps it fresh).

Serve the melon as is, chop the flesh into cubes or take out balls of flesh using a melon baller

Excellent Source: potassium.

Good Source: vitamin C and folic acid.

Properties: refreshing, aperitive, diuretic and laxative.

Storing

Melon is very fragile and spoils quickly.

At room temperature: for ripening. Keep away from other fruits and vegetables.

In the fridge: ripe and covered. Take out of the fridge a little while before eating.