

BUFFALO FARM TO SCHOOL



Melons



Varieties Grown in New York State

- Canteloupe
- Honeydew
- Crenshaw
- Watermelon
- Gallia

How It's Grown

- Melons grow well in hot, sunny spots with well-drained soil.
- Melons grow on sprawling vines.
- Melons need plenty of space to grow. If they're too crowded, they won't ripen nicely.
- Melons won't all ripen at the same time, so you can pick them as they become ready.

Nutrition and Health Benefits

- Melons are a good source of fiber, vitamin K, potassium, and copper, and a very good source of vitamin C and vitamin B6.
- Cantaloupe has more beta carotene than most other yellow-orange fruits.
- Melons contain a lot of water. They're a tasty treat that can help you stay hydrated during on hot summer days!

Storage Tips

- Whole melons should be stored at room temperature until they're ripe.
- Once they're ripe, store whole melons in the refrigerator.
- Cut melon should be wrapped in plastic wrap and refrigerated for up to 3 days.

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Selection

- Finding a good melon depends on what type you're getting.
- Look for watermelons that have a yellow spot from resting on the ground (or no spot at all). A white spot means it's underripe.
- Choose nice, round honeydew with pale yellow skin.
- Use the sniff test to find a good cantaloupe. They should smell nice and sweet.
- All melons should feel heavy for their size.

Preparation & Cooking Tips

- Wash the outside of your melon before cutting it.
- Start by cutting a thin slice off each end of your melon to create a flat surface so the melon will stay still as you cut it.
- Slices
 - Stand the melon on the flat end and cut it in half.
 - Lay each half of the watermelon on its broad cut side.
 - For large melons, cut each half in half again lengthwise, then make thin slices. These slices will look like triangles.
 - For smaller melons, you can just make thin slices. These slices will look like half-moons.
- Chunks
 - Stand the melon on the flat end.
 - Remove the rind. Take your knife and use a downward cutting motion, following the curve of the melon, to remove the skin. Try to get off all the green parts (for cantaloupe) and whitish parts (for watermelon and honeydew).
 - Cut the melon in half.
 - Scoop out the seeds using a spoon.
 - Cut the melon into thin slices, or into chunks.

Kid-Friendly Eating Tips

- Melons are a sweet treat that can also keep kids hydrated on hot summer days.
- There are so many creative ways to serve melons! Try cutting a watermelon in half, and then scooping out the inside with a melon baller or a spoon. Refill the watermelon "bowl" with a mixture of the scooped out watermelon and your other favorite fruits!
- Have leftover melon? Use it in a smoothie! You can even freeze it for an icy cold treat.

RECIPE

STRAWBERRY, CUCUMBER, AND HONEYDEW SALAD

Ingredients:

- 1 container (16 oz) fresh strawberries, cut in half
- 1 cucumber, halved lengthwise and cut into ¼-inch slices
- 1 cup cubed honeydew melon (1/2-inch pieces)
- 3 Tablespoons honey
- 2 Tablespoons lime juice
- 1 teaspoon lime zest

Directions:

Combine the fruit in a large bowl, and chill. Whisk the remaining ingredients together in a small bowl. Just before serving, drizzle the dressing over the fruit and toss gently to coat.

