Melon

MUSC URBAN FARM

Plant: Melons should be planted away from cucumbers and squash as they can cross-breed easily (they are all of the cucurbit family). They are a warm season plant and flourish best in temperatures between 70 and 80° F.

Grow: Growing melons require an inch or two of water per week, and they will also benefit from fertilizer every 2 to 3 weeks. When the plant begins to flower it is typical for the first flower to wilt and no flowers to appear as these are the male flowers. The second flowering brings the female flowers, which produce the fruit.

Harvest: Melons are ready to harvest when the fruit can be smelled through the skin. The melons should be cut from the vine instead of pulled to avoid pathogens entering the fruit. Loose seeds will cause honeydews to rattle when ripe. If thumped, cantaloupes will sound hollow when ripe.

Nutrition Facts

Serving Size 1/12 melon (137g)
Servings Per Container

Amount Per Serving	
Calories 40	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 2g	
Vitamin A 0% •	Vitamin C 50%
Calcium 2% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie

Nutritional Information:

The cantaloupe in particular is rich in beta-carotene and vitamin C. Beta-carotene is converted to the active form of vitamin A in the body. Cantaloupe also has adenosine, which may help with the risk of cardiovascular disease. Honeydew melon is a good source of folate, as well as vitamin C.

How to Prepare: Cantaloupe and honeydew melons are often used in fresh fruit salads or eaten alone.

Strawberry, Melon, and Avocado Salad

Yields: 4 servings
Serving size: ¼ recipe

Ingredients

¼ cup honey
2 tablespoons sherry vinegar or red wine vinegar
2 tablespoons finely chopped mint
¼ teaspoon ground pepper
Pinch of salt
4 cups baby spinach
1 small avocado, peeled, pitted, cut into 16 thin slices
½ small cantaloupe, cut into 16 thin slices
1 ½ cup hulled strawberries, sliced
2 teaspoons sesame seeds

Preparation

1. Whisk honey, vinegar, mint, pepper and salt in a small bowl.
2. Divide spinach among 4 salad plates. Arrange alternating slices of avocado and cantaloupe in a fan on top of the spinach. Top each salad with strawberries, drizzle with dressing and sprinkle with sesame seeds.

Nutrition Facts per Serving:

202 calories, 8 g fat, 24 g carbohydrates, 7 g fiber, 3 g protein