



Summer Melon

Harvest of the Season

Eat More Arizona Grown Summer Melon

Vegetables and fruits are nature's power foods! Eating a variety of vegetables and fruits gives you different vitamins and minerals to help keep your heart, teeth, gums, eyes and skin healthy. Eat them every day at meals and snacks.

Buy fresh fruits, like summer melon, in season when flavor is best and the price is low!

Fresh melon is among Arizona's top produced specialty crops during the summer months. Most recently, Arizona produced over 570,100,000 pounds or 285,050 tons of melon. That's a value of just over \$122 million.

Why Eat More Summer Melons?

Summer melons are full of nutrients. Here's how the nutrients in summer melons keep you and your family healthy:

Nutrients Found in Summer Melon
Water Helps keep your body cool and improve digestion
Vitamin C Helps your teeth and gums stay healthy
Vitamin A Helps your eyes and skin stay healthy
Fiber Helps keep your heart healthy and improve digestion
Potassium Helps you maintain a healthy blood pressure

What Are the Different Types of Summer Melon?

Try different types of summer melon to find your family's favorite. These are a few types of summer melon grown in Arizona on farms of all sizes:

- Cantaloupe
- Honeydew
- Watermelon
- Canary
- Casaba
- Crenshaw
- Orange Flesh
- Santa Claus
- Sharlyn
- Galia

How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2 - 3	1 cup	1 cup
Children 4 - 8	1 1/2 cups	1 to 1 ½ cups
Older children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 1/2 to 3 cups	2 cups

Patience works better than pressure. Offer your children new foods. Then let them choose how much to eat. Kids are more likely to enjoy a food when they have made the choice to try it.

Make half your plate vegetables and fruits. Visit [choosemyplate.gov](https://www.choosemyplate.gov) for more information.

How to Choose, Store and Prepare Summer Melon

Choose:

- Choose melons that are heavy for their size, free from soft spots and that smell sweet.
- Some scarring is acceptable with melon and, in some cases, is a sign of ripeness in melon.

Store:

- Store uncut melon between 36 and 41 ° F for up to three weeks.
- Uncut melons placed in dry storage at room temperature, around 75 ° F, will last up to two days.
- Cut melon can last in the fridge up to five days.

Prepare:

Fresh summer melon makes for an excellent side or snack. Keep cut-up melon on hand for a fresh and healthy alternative.

- Be sure to wash these produce items with extra care and use a produce brush under cool, running water.
- Cut melon in half and carve out the seeds with a spoon.
- Cut each half into half-moons and use the curve of each slice or half-moon to guide your knife to keep the melon flesh together and discard the melon rind.
- Keep melon in half-moon slices or cut into bite-sized pieces.

Tip: Wash and dry melon seeds to plant in your garden for future seasons.

To learn more, visit fruitsandveggiesmorematters.org.

Plant and Grow Summer Melon

Melons are warm weather crops and require a long growing season from seed to harvest. Gardeners should be aware of the amount of space that melon vines need to maximize growth. Increasing the number of pollinators, like bees, will increase the amount of melons on each vine.

Visit extension.arizona.edu for harvest and planting information.

Arizona Grown Watermelon Fire and Ice Salsa

Ingredients:

3 cups chopped watermelon
½ cup chopped green peppers
2 tablespoons lime juice
1 tablespoon chopped cilantro
1 tablespoon chopped green onions
1-2 tablespoons chopped jalapeno peppers
½ teaspoon garlic salt



Makes 6 (1/2 cup) servings

Nutrition Facts

per serving
calories.....237
carbohydrates .. 47 gm
protein..... 9 gm
total fat..... 3 gm
saturated fat..... 0 gm
trans fat..... 0 gm
cholesterol 0 mg
fiber 9 gm
total sugars..... 12 gm
sodium.....352 gm
calcium.....110 gm
folate.....176 mcg
iron.....3 mg
calories from fat...11%

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits and vegetables before preparing.
2. Combine all ingredients; mix well.
3. Cover and refrigerate at least one hour before serving.

For more free recipes, visit EatWellBeWell.org.

Choose Locally Grown Vegetables and Fruits

- Arizona grown vegetables and fruits taste best and cost less when purchased in season.
- Vegetables and fruits grown in Arizona spend less time in the back of a truck. This causes less damage to the vegetables and fruits.
- When farmers sell directly to consumers, they cut out the middleman and receive full value for their product. This allows farmers to continue to farm and provide service to the community.
- Let your kids be produce pickers. Help them pick vegetables at a grocery store, your local farmers' markets, or at a u-pick farm near you! Go to arizonagrown.org for more information.

Visit the School Food Programs section of the Arizona Department of Education Health and Nutrition Services website at www.azed.gov for more information.



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