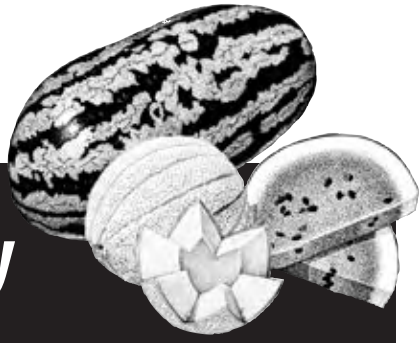


# Kentucky Melons



**Season:** July to September.

**Cantaloupe**—Also known as “muskmelon” because most varieties have a musk smell. Cantaloupes will have a green to tan netted rind and a sweet, light orange-colored flesh. They are high in vitamin C (one serving provides 100 percent) and vitamin A (80 percent). They are also a good source of potassium and folic acid with only 50 calories and 0 grams fat for a 1-cup serving.

**Honeydew Melon**—This popular melon has a rind that is smooth and creamy white with a green cast. The pale green flesh has a sweet, juicy flavor and a crisp texture. It is a good source of vitamin C and contains only about 60 calories per 1-cup serving.

**Selection:** Choose both cantaloupe and honeydew melons that have a slight give when squeezed and a sweet, delicate scent. Keep under-ripe melons at room temperature for two to three days. Refrigerate cut melons in plastic bags for up to one week.

**Preparation:** Rinse the outside of the melon before cutting. Cut melon in half and remove the seeds by scraping them out with a spoon. If you are using only part of the melon, leave the seeds in the unused piece, wrap well, and refrigerate two to three days. Melon halves or quarters make attractive serving bowls. Fill with berries and granola and top with a dollop of yogurt.

**Watermelon**—Watermelons are low in calories (92 calories for one  $\frac{2}{3}$ -cup serving) and very nutritious. They are high in lycopene, a powerful antioxidant. They are also high in vitamin C, vitamin A, and potassium. Choose melons with a well-rounded shape and smooth surface. The underside should be creamy yellow. The flesh should be deep red with mature, dark seeds. Cut melon should be stored in the refrigerator and covered with plastic for two to three days. Uncut melon will keep in a cool place for up to two weeks. Melons should be rinsed with water before cutting. The flavor of a watermelon is best when served cold and raw. Also look for yellow-fleshed and seedless melons.

## Watermelon Smoothie

- 1 8-ounce lemon-flavored, fat-free yogurt
- 3 cups cubed, seeded watermelon
- 1 pint fresh strawberries, cleaned and hulled
- 1 tablespoon honey or strawberry jam
- 3 ice cubes

Combine all ingredients in a blender or food processor. Process until smooth and frothy. Serve in tall glasses with a straw.

**Yield:** Four 9-ounce servings.

*Nutritional Analysis:* 130 calories, 4 g protein, 2 g fiber, 28 g carbohydrates, 1 g fat, 0 mg cholesterol, 45 mg sodium.

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Coordinator, University of Kentucky. Adapted from “Watch Your Garden Grow,” available at <[www.urbanext.uiuc.edu](http://www.urbanext.uiuc.edu)>.

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For more information, contact your county’s Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <[www.ca.uky.edu/agcollege/fcs](http://www.ca.uky.edu/agcollege/fcs)>.