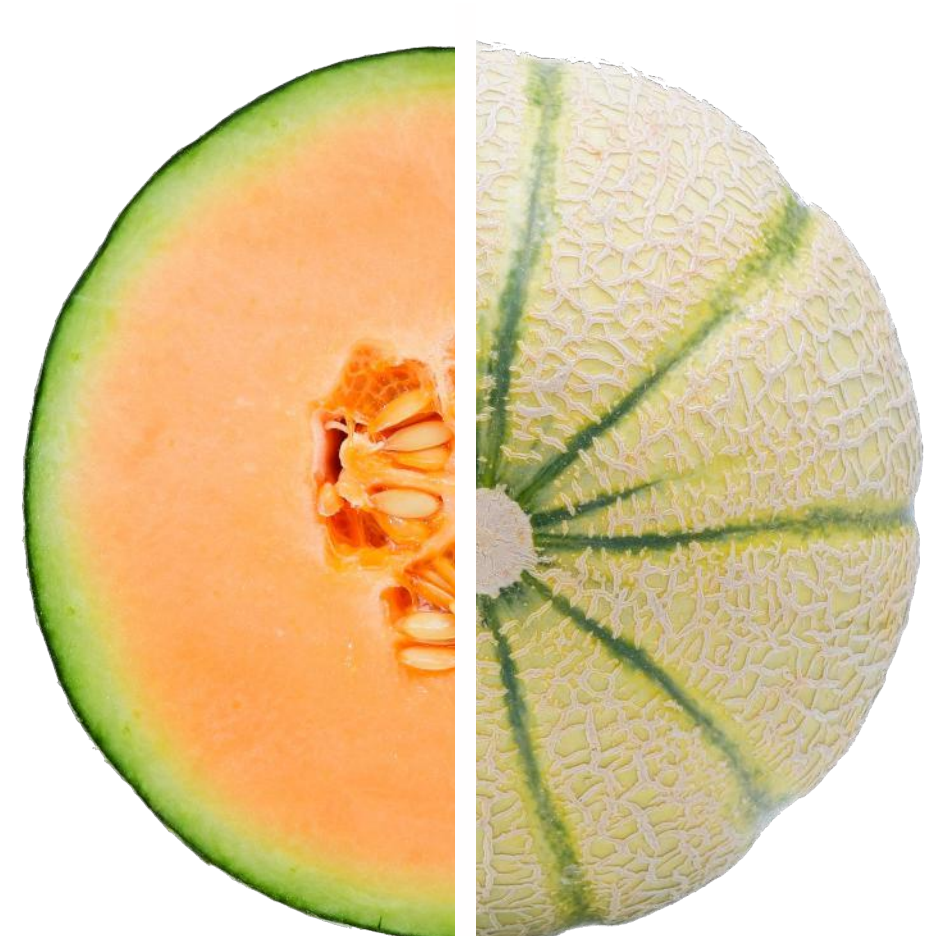


16 JUICY WAYS TO EAT Melons

With a wide variety of sizes, shapes, colours and flavours, there are many more uses for melon than you might realize. Discover new favourites, plus find delicious ways to enjoy beloved varieties with this complete guide.



Cantaloupe or Muskmelon

FLAVOUR

Mellow nectar flavour with musky, floral aroma

TEXTURE

Firm yet succulent

EAT

Flesh, seeds and inner rind

DON'T EAT

Outer, webbed skin

TRY

- 1. Popsicles:** Blend with a few leaves of fresh mint and maple syrup; pour into popsicle molds
- 2. Appetizers:** Pair with prosciutto and Buffalo mozzarella

Did you know? What North America calls a cantaloupe is actually a muskmelon. The European cantaloupe has hard, warty skin and is not widely grown in Canada.



Honeydew

FLAVOUR

Sweet and mild, like fresh honey

TEXTURE

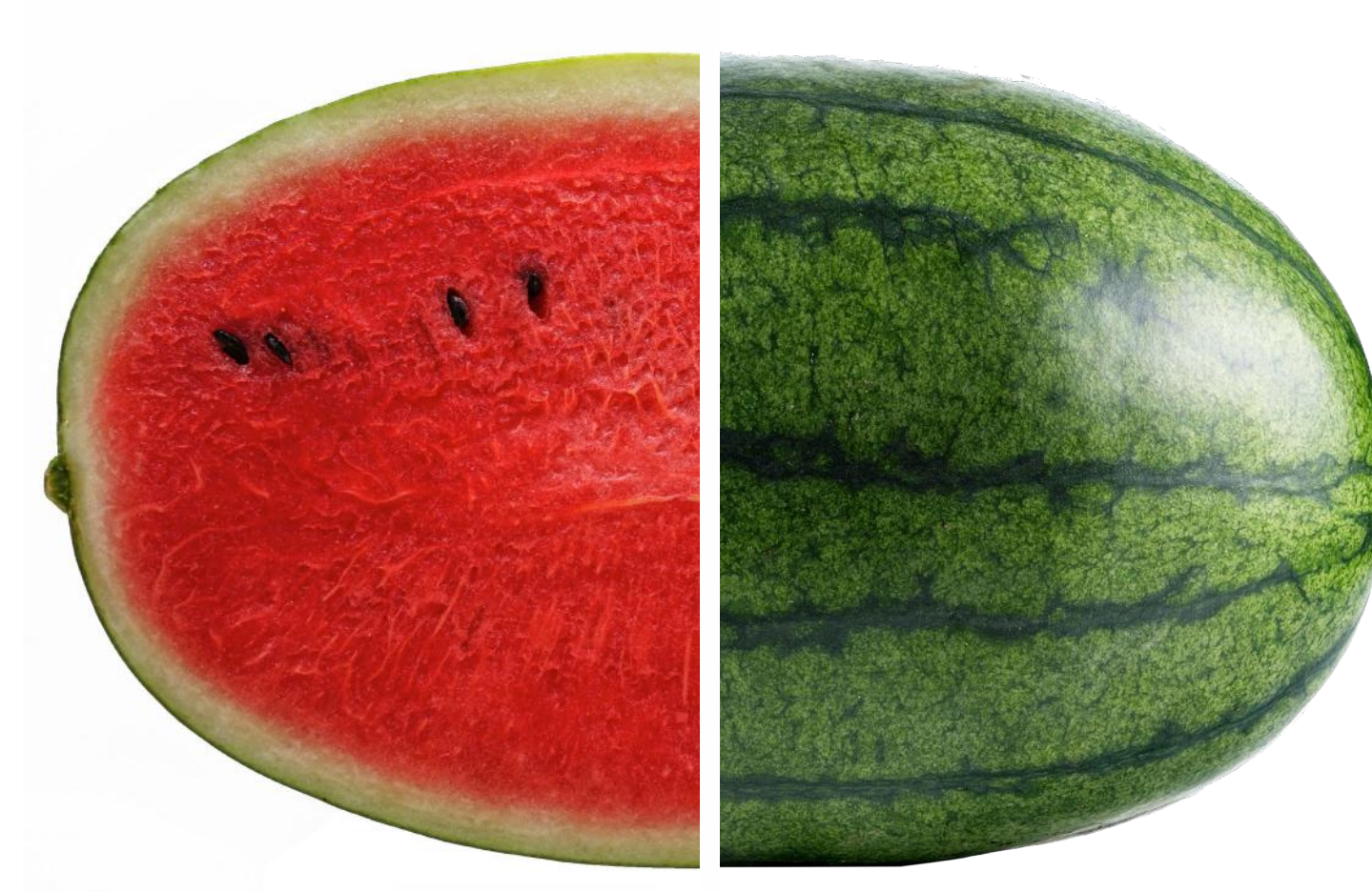
Soft and slightly textured, like a juicy pear

EAT

All of it: flesh, seeds, rind and peel.

TRY

- 3. Smoothie bowl:** Blend honeydew and top with fresh berries and Greek yogurt.
- 4. Snack:** Sprinkle wedges with hot sauce and a squeeze of lime.
- 5. Salad:** Toss cubes with cucumber and feta and top with a Dijon mustard vinaigrette.



Watermelon

FLAVOUR

Sugary with cucumber-like undertones

TEXTURE

Melt-in-your-mouth juicy flesh with small, flat seeds

EAT

The entire watermelon is edible: flesh, seeds and rind.

TRY

- 6. Salad:** Pair with tangy black olives, crumbly blue cheese and a citrus-based vinaigrette
- 7. Mimosas:** Add juiced watermelon to sparkling wine
- 8. Pickles:** Cube white rind and simmer in apple cider vinegar with sugar, a cinnamon stick, fennel seeds and a sprinkle of salt; add water as necessary



Galia Melon

FLAVOUR

Sweet and slightly floral; a hybrid of honeydew and cantaloupe

TEXTURE

Juicy and creamy

EAT

Flesh, seeds and inner rind

DON'T EAT

Outer, webbed skin

TRY

- 9. Snack:** Wrap ham around melon wedges and sprinkle with rosemary
- 10. Salad:** Cube melon and toss with red onion and green olives.



Kiwano or Jelly Melon

FLAVOUR

Sweet-tart; a mix of cucumber, zucchini, kiwi and banana

TEXTURE

Jelly-like pulp with chewy seeds

EAT

Pulp, seeds and skin, trimmed of spikes

DON'T EAT

Spikes on outer skin

TRY

- 11. Cocktail:** Stir seeds and pulp into a gin-and-tonic
- 12. Sauce:** Blend seeds and pulp with lime, garlic and salt to top grilled meats
- 13. Raita:** Add juice and seeds to yogurt with cilantro, green onion and cumin



Santa Claus or Piel de Sapo Melon

FLAVOUR

Super-sweet, like honeydew with a hint of spiciness

TEXTURE

Juicy and rich with subtle crispness

EAT

Flesh, rind and seeds

DON'T EAT

The outer skin

TRY

- 14. Tostadas:** Top corn tortillas with cubed melon, shrimp, avocado, cilantro and spicy mayo
- 15. Aqua fresca:** Blend, pour through a fine sieve then add water and sugar to taste
- 16. Side dish:** Serve chilled alongside a fiery Thai curry

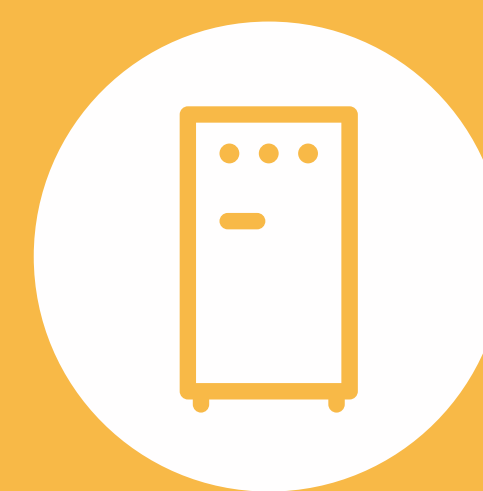
HOW-TO HANDLE

Selection



Ripe melons are softer on the blossom end, opposite the stem, and most varieties smell sweet when ripe. For Piel de Sapo melons, look for yellow coming through under the mottled green skin.

Storage



Whole, uncut melons can be refrigerated for up to one week; sliced melon will keep in the fridge for up to four days. Once cut, melon shouldn't be stored outside of the fridge for more than a couple of hours.

Prep



Wash whole melons thoroughly then slice in half lengthwise. Remove seeds with a spoon and slice halves into wedges. Slide a knife along the rind to remove the flesh. For kiwanos, scoop out the seedy flesh with a spoon.

