

CANTALOUPE

Hawaiian Name: *Ipu 'ala*

Common Names: Muskmelon

Scientific Name: *Cucumis melo cantalupensis*

Origin: Africa and the Middle East

Plant Part Eaten: Fruit



Nutrition Info...

- Rich in potassium, melons are a natural way to replenish electrolytes after physical activity.
- They are low in calories and cholesterol as well as fat-free.
- Provides vitamins B and C.

HONEYDEW

Hawaiian Name: *Ipu kēhau hone*

Common Name(s): Winter melon, bailan melon

Scientific Name: *Cucumis melo inodorus*

Origin: France

Plant Part Eaten: Fruit



Locally Grown...

- In Hawai'i, cantaloupe and honeydew are harvested in the summer.
- It takes about 100 days from planting to harvest for both these fruits.
- Harvest time must be precise as the melon does not ripen after harvest.

Where else it's grown in the world...

Arizona and California have major production in the United States. China and Europe also are major growers.

Meet a Farmer...

Farm: Aloun Farm

Farmers: The Sou Family

Location: 'Ewa, Kunia, Kapolei, and Mililani, O'ahu

Website: alounfarms.com



alounfarms.com

Aloun Farms' mission is to provide the people of Hawai'i with the highest quality of fresh locally grown produce at a price that is not only competitive but comparable to mainland farmers. Aloun Farms aims to reduce Hawai'i's dependency on imported produce through increased production and is striving to adopt techniques that are sustainable financially, environmentally and for the people of Hawai'i. In addition to honeydew and cantaloupe, Aloun also grows delicious miniature Thai watermelons.

In the Garden...

- Sow your seeds about an inch deep in potting soil. A paper or peat cup should be used as plants are very sensitive to transplanting.
- When watering, keep the water down at the roots and soil to reduce the chance of disease and fungus.



Forest & Kim Starr

- After the fruit begins to grow, you should actually cut back on the water helping to concentrate the fruits sugars. Let your plants dry out just until you can detect a bit of wilt, or when the soil is dry to the touch.
- Fruit that is growing down on the ground can be protected from early rot or other pests if you place something solid under them to keep them off the soil. Coffee can lids work well, and it keeps your fruit cleaner too.

Let's Get Cooking... Melon Popsicles

Ingredients

- 1 ripe honeydew or cantaloupe melon
- 1 cup plain yogurt
- 1/4 cup Hawaiian honey

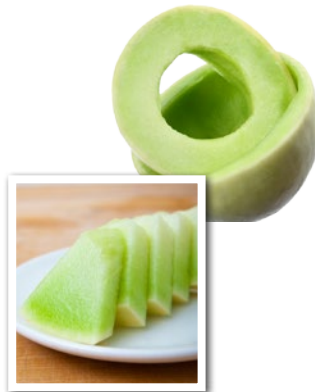


Directions

1. Wash and cut melon into chunks, removing seeds.
2. Working in batches, puree fruit chunks in a blender or food processor until smooth.
3. Stir in honey and yogurt, then pour into popsicle molds or small paper cups.
4. Freeze for 6 hours or overnight and enjoy!



Reminder: Please compost your food waste.



What can you make with cantaloupe & honeydew?

These melons can be eaten baked, raw, pureed, or frozen. Try them cut, sliced, diced, put on a stick, in a salad, or made into a popsicle. Try it as a salsa, or added to chicken or turkey salad.



Did you know?



1. Cantaloupe is named for the Papal gardens of Cantalupo, Italy where it was first cultivated in Europe.
2. Columbus brought cantaloupe seeds to the New World on his 2nd voyage.
3. Cantaloupe is the most popular melon in the US; honeydew is rated #2.
4. A squirt of lemon or lime juice will enhance or 'perk up' the flavor of a slice of melon.
5. Honeydew was revered as a sacred food by ancient Egyptians.
6. Melons contain up to 95% water!
7. Honeydew is the American name for the White Antibes melon grown in France and Algeria.
8. In the Middle East, the seeds are roasted and eaten.
9. Sweetness is directly related to harvest time. Vine-ripened melons that are removed just before peak maturity have the best flavor.

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, family take-home letters, produce preparation sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit www.kokuahawaiifoundation.org/HawaiianHarvest.

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