



Melon

Summer means lot of choices for fresh fruits and vegetables, including melons. Do you have a favorite: watermelon, cantaloupe, honeydew?



Nutrition

- A cup of chopped melon – no matter the variety – contains around 60 calories, 15g carbohydrate, and 1g fiber.
- They are a source of vitamins and minerals, including vitamin C and potassium.
- Melons with red or pink flesh have more vitamin A than light-colored melons.
- They do not contain significant amounts of fat or sodium.



Shopping

- Choose melons that are firm and heavy, without soft spots or cracks.
- If you are growing melons in your garden, read more about picking ripe melons with [*Home Vegetable Gardening*](#) resources from Illinois Extension.



Price

- Watermelon costs \$0.23 per cup up to \$0.74 per cup for honeydew.

Source: U.S. Department of Agriculture, Fruits and Vegetable Prices, 2020.



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Storage

- If your melon is ripe, store it whole and uncut in the refrigerator. Cool temperatures will lengthen its shelf life.
- If the melon still needs to ripen, leave it at room temperature for a day or two.
- Once cut open, store extra melon in food-safe containers with lids. Eat within a few days.



Eat

- Eat melon on its own as a side dish to a meal.
- Enjoy melon in a variety of recipes, including salsas and salads, drinks like smoothies and infused water, and soup like gazpacho.



Preparation

- Thoroughly wash whole melons before cutting, particularly cantaloupe that has a webbed rind.
- A clean paper towel or vegetable brush can help remove soil and microorganisms.
- **Preserve:** Visit the [National Center for Home Food Preservation](#) to find canning recipes for Watermelon Rind Preserves and Cantaloupe Pickles and instructions on freezing melon.



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