

Melons

Cantaloupes and Honeydews have a very complex flavor:

Melons aren't just cooling and delicious for hot summer days – they are packed with nutrients, too. They are a good source of the antioxidant vitamins A and C.



TIPS:

Storage: Melons should be kept dry in the refrigerator. Cutting into cubes and storing them that way can cut storage space. Cantaloupes and Muskmelons will keep for only a few days in the fridge. Honeydews can last up to a week. Watermelon will last around a week. You may find that the melon develops a soft spot here or there. This doesn't mean the entire melon is bad! Just cut out the bad part and eat the rest.

General Cooking Info: Use an ice cream scoop to scoop cantaloupe into a bowl of ice cream.

Growing info: Around melon ripening time, we check on them every day as they ripen fast. The way to tell if cantaloupes are ripe is that they'll separate from the vine with just a little tug. This is called "full-slip." We pick at full slip because melons will not produce sugars off the vine. Because of this, it's important to eat your melon within a couple days of receiving it.



Honeydews come in green mostly. But they also come in orange!

Cantaloupe Smoothie

1 banana
 1/4 ripe cantaloupe, seeded and coarsely chopped
 1/2 cup nonfat or low-fat yogurt
 2 tablespoons nonfat dry milk
 1 1/2 tablespoons frozen orange juice concentrate
 2 teaspoons honey
 1/2 teaspoon vanilla extract

1. Place unpeeled banana in the freezer overnight (or for up to 3 months). Remove banana from the freezer and let it sit until the skin begins to soften, about 2 minutes. Remove the skin with a paring knife. (Don't worry if a little fiber remains.) Cut the banana into chunks; combine in a blender or food processor with cantaloupe, yogurt, dry milk, orange juice, honey and vanilla. Cover and blend until smooth.

from Eatingwell.com

Chilled Cantaloupe Soup

1 cantaloupe - peeled, seeded and cubed
 2 cups orange juice

1 tablespoon fresh lime juice
 1/4 teaspoon ground cinnamon

1. Peel, seed, and cube the cantaloupe.
 2. Place cantaloupe and 1/2 cup orange juice in a blender or food processor; cover, and process until smooth. Transfer to large bowl. Stir in lime juice, cinnamon, and remaining orange juice. Cover, and refrigerate for at least one hour. Garnish with mint if desired.

from Allrecipes.com

Cantaloupe Cake

1 cup balled cantaloupe
 2 Tbsp water
 1/2 cup granulated sugar
 1/2 cup brown sugar
 2 cups flour
 1 tsp baking powder
 2 tsp cornstarch
 1/4 tsp salt
 1/2 tsp cinnamon
 1 stick butter, softened
 1 egg
 1/4 cup canola oil
 1/2 tsp vanilla extract

Preheat oven to 375 degrees.

Mix the 2 Tbsp water and cantaloupe in a blender until purified.

In a large bowl, mix together the dry ingredients.

In another bowl, beat together the butter and the cantaloupe poured from the blender together.

Add the vanilla, egg, and canola oil and continue mixing until well.

Pour half of the cantaloupe/butter mix into the dry ingredients and mix.

Then pour the other half in and continue mixing until it is cake batter like.

Grease a 13.5 by 9.5 pan and pour batter in.

Bake for 30 minutes.

from Grouprecipes.com