



Southwestern Idaho is known for exceptionally sweet and tasty **melons**. Varieties grown in Idaho include watermelon, cantaloupe and honeydew. With their large size, firm texture and juicy fruit, Idaho **melons** are available from August through mid-October.

When selecting **melons** look for firm symmetrical fruit free of bruises and soft spots. Often, **melons** will have a white bleached side from resting on the soil and although this creates a blemish on the melon, it does not usually affect the quality of the fruit. Ripe cantaloupes will have a sweet aroma and a ripe watermelon will be firm, evenly-shaped, heavy for its size and have a deep-pitched tone when slapped with an open palm. It is important to select a ripe **melon**, because unlike most other fruits and vegetables, watermelons do not ripen any further once they are cut from the vine.



Most **melons** are a good source of Vitamin C and **melons** with deep orange or red flesh are rich in Vitamin A. **Melons** are a sweet treat with only 80 calories per 1/2 cantaloupe, 50 calories per wedge of honeydew, and 110 calories per 1-inch slice of watermelon.

