

Introducing Milly the Melon

It's a fruitalicious week here in the unit and we want to introduce you to Milly the Melon!



Hi I'm Milly and I'm one of the juiciest fruits around. I'm here to tell you a little about me and my marvellous melon family!

The Melon Family

Lots of different varieties of melon make up my family – including honeydew, gala, watermelon, cantaloupe and canary to name a few.

Availability

We're a pretty 'chill' family. Most people think of us during the summer because we're so cool and refreshing. But we're actually available all year around but we taste the best from December to May.

Did you know?

We were a sacred food of the ancient Egyptians and Cleopatra's, the Egyptian Queen's favourite fruit.

Why are melons so good to eat?

We are full of vitamins and minerals especially vitamin C. We're a really good source of beta carotene. The deeper colour of our flesh the better the level. Beta carotene is converted to vitamin A in the body. We're a good source of potassium. Our sweetness comes from a collection of natural sugars sucrose, fructose and glucose.

How are melons grown?

We grow on vines and like a hot dry climate. Therefore we are not grown in Ireland. We take about 3-4 months to grow before we're mature enough to pick. We're usually picked by hand. After we are harvested we do not ripen further, we only get softer.

How to store melons

Store us at room temperature, but once cut – cover and refrigerate.

Fun ways to cook and eat Melons

We're best eaten raw but can also be baked. To prepare us, simply cut in half and remove the soft seeds. Our skin can be left on for presentation and for easier handling but should not be eaten.

We are a very versatile fruit and can be served as part of lots of meals as a snack or in a salad or as a yummy desert.

Why not try us chopped, melon balled, in a sorbet, fruit kebab or in a fruit salad.

Recipe

Delicious Melon Salad (0 Exchanges)

- ½ melon, cut into large chunks
- ½ cucumber, peeled and chopped into chunks,
- 3 tomatoes, chopped,
- ½ bunch of mint, chopped
- ½ bunch of coriander, chopped
- 1 tbsp olive oil
- ¼ tbsp. mint sauce
- Toasted low protein roll, to serve

Best bit -

We're naturally low in protein and can make up a delicious part of your diet – so what are you waiting for give me a try.

How many times did you try it? _____.

Did you earn your star? ★

