



Melons

Growing & Harvest Info

Melon seeds can be planted directly in the ground. However, due to our heavy soils in St. Louis and melons love of light soils some have better luck starting them in inside in a light soil and then transplanting them later.

Plant or transplant melons outdoors about 1-2 weeks after the last frost of the spring. Plant 12 inches apart, 1/2 inch deep in rows 5 feet apart, or plant 6 seeds per hill with each hill 4 to 6 feet apart. Melons need a lot of sun, good soil drainage, and a lot of moisture.

The melons are usually ready to harvest about 3 months after planting. The skin of melons will start to get color when they are getting ripe. The best way to know for sure is if the stem easily separates from the melon. If you have to yank the stem off it's not ripe. Believe us, you don't want an unripe melon, they're very disappointing.

Introduction

Honeydew and cantaloupe are actually the same species and are believed to have been domesticated in the region of modern day Iran before spreading throughout the world. In addition to the juicy flesh, the rinds can be pickled or cooked, and the seeds can be pressed for oil or roasted. The melons can weigh between 4 and 8 pounds and grow on vines that produce 3-4 melons.

Preservation

Storage:

- Melon should be refrigerated. Once it has been cut into chunks, place it in a sealable container to keep it from drying out and keep in your refrigerator. Cut melons can be kept in refrigeration for about 3 days, while whole honeydew can be kept in refrigeration for up to 5 days.

Freezing:

- To freeze, cut the melon in half, remove the seeds and rind.
- Slice or cube the melon and store in airtight containers or freezer bags and place in the freezer. The quality of honeydew will remain good while frozen for 10-12 months.

Nutritional Benefits

Melon

Source	Rating
Vitamins	GOOD
Minerals	MODERATE
Fiber	MODERATE

Vegetable state	Use by
Frozen Seeds	4 years
Frozen	10-12 months
Fresh	5-15 days



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Though typically the flesh of a honeydew melon is green, it can sometimes be orange. This specific type of honeydew is often referred to as the "temptation melon."

A Healthy Snack

Honeydew melon is a low calorie fruit. One cup of this melon contains about 60 calories.

Dried and roasted melon seeds are consumed as healthy snacks in countries from the Middle East.

Recipe 1: Ginger Melon with Mint

Ingredients

- 1 honeydew melon
- 2 tbsp honey
- 2 tbsp ginger liqueur or freshly grated ginger with a splash of water
- 2 tbsp fresh mint, chopped extra for garnish

Directions

- Dice honeydew melon into bite-size pieces and add to a large bowl.
- Add honey and ginger liqueur to a small bowl and whisk until honey is dissolved. Add mint and combine.
- Pour mixture over melon and toss to combine.
- Top with extra mint for garnish

Recipe 2: Chilled Honeydew Ginger Soup

Ingredients

- 1 honeydew melon, peeled, seeded and cubed
- 1½ cups coconut milk
- ¼ cup honey
- ¼ cup fresh lime juice
- 2 tbsp freshly grated ginger
- Pinch of sea salt

Directions

Place melon, coconut milk, honey, lime juice, ginger and a pinch of salt in a food processor or blender. Process until the mixture is smooth, about 1-2 min. Season to taste with salt and additional honey if needed. Ladle soup into bowls and garnish with a dollop of sour cream.