



A MEDLEY OF MELONS



It's the time of year to sink your teeth into an ice-cold slice of watermelon on a sweltering summer day. At your local farmers' market, you'll discover a dazzling array of melons that promise to tickle the taste buds with sweet summer snacking. You'll find only the freshest, just-picked melons in varieties you won't find anywhere else. Here's a medley of some of the mouthwatering melons you'll find:

Casaba: Picture a golden yellow melon with a subtle green hue. It's hefty and smooth, lacking the strong fragrance of some melons but boasting sweet, white flesh.

Crenshaw: This gem sports a buttercup-yellow rind and a salmon-hued interior. A hybrid of Persian and casaba, its slightly oblong shape is complemented by a sweet and somewhat spicy.

Hami: It looks like an oblong cantaloupe and tastes like the cantaloupe with a sweet and refreshing taste. It is similar and color as well.

Korean: It is a small melon, bright striped, yellow with white flesh. The rind is much thinner than a regular melon and can be eaten like a cucumber. The texture is quite crisp for a melon and with a lovely mild sweetness.

Santa Claus: Also known as the Christmas melon, or Piel de Sapo melon, this late-season variety features a

striking gold and green mottled skin. It's crisp but not as sugary as others, and it looks like a petite watermelon.

Persian: Slightly larger than a cantaloupe, with a greener rind and finer netting, this melon brings a taste reminiscent of cantaloupe but with its unique twist.

Canary: True to its name, this melon shines in vibrant canary yellow when ripe. Oblong in shape, its white flesh tinged with pink around the seed cavity is as delightful as it is distinctive.

Sharyn: Sporting a greenish-orange rind and luscious white flesh, this melon offers a delectable blend of cantaloupe and honeydew flavors.

And, of course, there's the **cantaloupe, honeydew, and watermelon**. The farmers' market has different varieties of these, too! Look for the **yellow-fleshed watermelon** or the **orange-fleshed honeydew**.

To get the most out of your firm uncut melons, let them sit at room temperature for a couple of days. While they won't get sweeter, they'll become softer and juicier. Once ripened or cut, keep melons in the fridge and use them within about two days. Wrap them in plastic to shield other produce from the ethylene gas they emit and be mindful that a ripe melon's aroma can permeate other foods.

If you have an uncut watermelon and need to store it, you can keep it at room temperature for up to a week. However, it's best to refrigerate or chill it on ice on scorching summer days. Once cut, wrap the watermelon tightly in plastic and store it in the fridge for no more than four days.

The best way to discover new melon varieties is to visit your local farmers' market and ask the farmers about their selections. They can provide valuable insights into flavor, and ripeness, and offer suggestions on how to enjoy these delightful summer fruits.

Discover even more specialty varieties at the market through the summer. Dive into their sweet, juicy offerings and enjoy the melon season. For delicious recipes, product info, and more, visit us at www.pcfma.org/eat.

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