

# Gourmet Vegetables

## Feed the Family

# Melon

(Cucumis melo)

## Cantaloupe/Muskmelon & Honey Dew

Cantaloupe, also known as Melon or Muskmelon derives its name from the Italian papal village of Cantalup, where it was first cultivated around 1700 A.D. It belongs to the same family as the cucumber, squash, pumpkin and gourd, and like many of its relatives, grows on the ground on a trailing vine. Cantaloupe is also referred to as a netted melon because it has a ribless rind with a distinctive netted skin. Inside the melon there is a hollow cavity that contains seeds encased in a web of netting. Cantaloupe is also known as rockmelon in several parts of the world. As for Honey Dew, little is known about its history. The word Honey Dew is derived from the French variety, White Antibes. White Antibes was grown in Algeria and Southern France. Melons generally have significant amounts of Vitamins A and C, are a good source of potassium and contain small amounts of many other minerals. The rind is rich in nutrients so the whole melon may be juiced.



### DESCRIPTION

#### Cantaloupe Hales Best Heirloom.

Produces green skinned fruit with gold netting. Cantaloupe is an annual climber growing to 59in/1.5m. Flesh is of an orange/gold color. Cantaloupe has a sweet, musky fragrance and flavor and is very refreshing to eat. The fruit should be harvested when the stalk becomes dry.

#### Honey Dew Early Melon.

The flesh of Honey Dew is similar to that of the cantaloupe but its flesh is much sweeter. Produces flavorful fruit with gold rind and thick emerald

green flesh. Plant produces 5lbs/2.3kg fruits. Unusually early, 92 days.

**White Crenshaw.** Pinkish white flesh, good flavor. Good yield 100 days. **Ambrosia.** Similar in appearance to cantaloupe, flavor described as melon with flowers. 90 days.

**Asian Melon.** The unusual, 7" x 3 1/2" oblong fruits are lemon yellow with shallow white sutures. The flesh is white, crisp, and moderately sweet when ripe. Plants produce large numbers of fruits which slip off the vine when ready.

**Sun Jewel Asian Melon.** Among the earliest of melons to mature, these small, long, oblong melons are popular in Korea and other Asian countries. Moderately sweet, crunchy white flesh.



### USES

Great for breakfast, lunch, dinner and dessert! These fruits can be eaten in fruit salad, on their own as a snack or as a slightly savory; wrapped in prosciutto. Melons are great for adding color to dishes and are always a favorite on a hot summer day.



Grow with Sweet Corn



### ROWTH

Melons generally have an extensive root system, so make sure it has room to grow deep into the ground.



### CULTIVATION

Melons do not like cold and frost. Plant outdoors after the last frost date for your area. Melons grow best in "hills" or groups. However, this is not a requirement. If you are growing large quantities, it may not be practical. When planting in hills, sow four to six seeds per hill and space the hills 4-6ft/1-1.5m apart. Sow 1-2 in/1.5-2.5cm. deep. After germination, thin and keep the three or four healthiest plants. Row spacing should be 39in/1m. If you choose not to hill, sow seeds 3-4in/8-10cm apart. Melon plants are a favorite food of a variety of insect pests. Among the most common pests are the cucumber beetle and the squash vine borer. Melon plants are very susceptible to powdery mildew and other fungus diseases. Early treatment with fungicide is effective. **Slide a board under each melon when it's about half-grown to prevent it from rotting.** Wait until melons are fully ripe before harvesting, as they won't ripen off the vine. Once harvested, Cantaloupe can keep for several weeks in the refrigerator.

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Any enquiries can be directed to:  
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