



MELONS

Summer is here, and so are melons! One of the few fruits I like and actually eat.

Now if you are old and from the Midwest (like me), we call it Muskmelon, but everyone else calls it Cantaloupe. This orange melon has lots of vitamin C (59 mg.) and high levels of beta-carotene, which the body converts to vitamin A. Delicious!

The green melon is Honeydew, and it is a rich source of vitamin C, less than Cantaloupe, though. Like other melons, it enhances production of nitric acid in the body which helps relax blood vessels, which helps your blood pressure and blood flow. Not a real fan of this melon.

Watermelon's red color is due to lycopene, which protects against various types of cancer and heart disease. The redder and sweeter the flesh, the more nutritious it is. More yummy, too.

There are other melons that I have never seen or tasted. Has anyone ever had a Canary melon? Its pale green flesh is tangy and sour. How about Goddess melon, (didn't know I had a melon named after me) which is like cantaloupe, sweet and juicy, or Galia which looks like cantaloupe on the outside and honeydew on the inside and has a delicate sweetness? I'm sure there are others, too, that I don't know about.

All melons are about 90% water, so they can make a significant contribution to your daily fluid needs! One cup of cantaloupe has about 5 oz. of water, but unlike plain water, you get electrolytes too which help regulate nerve and muscle function. Don't you just love summer?