

# Marvelous Melons

by Kelly Stripling, Certified Biblical Health Coach

**Nothing says “summer” in Texas more than a wedge of cold watermelon.** Some of us Texans wait all year for the numerous varieties that grow here—from the deep crimson of the Black Diamond to the sweet yellow meat of the Tastigold. We stop along the roadside under a sprawling oak tree to buy our favorite variety directly from the farmer, who is happy to give us samples before we mosey to the back of his pickup truck and pick out a melon to take home. Texans also grow cantaloupe in abundance and have been known to enjoy honeydew melon as well.

**But melons are the perfect summer food for everyone,** not just Texans, because of their high water content and sweet, refreshing flavor. Melons are rich in nutrition. When choosing a melon, it should be dense and heavy for its size and respond with a deep “thud” when thumped.

## Health Benefits

**Watermelon** is a good source of vitamins A and C. It also contains lycopene, which recent studies show may help prevent cancer and other health concerns. Though sweet, it contains a relatively small amount of sugar when compared with other fruits and it is low in calories. Watermelon will help flush excess water from the body and cleanse the kidneys. It has been used to help rapidly cool persons who are overheated and is useful in relieving constipation. In Japan, watermelon juice has been used to reverse the symptoms of jaundice. Watermelons, surprisingly, contain more iron than spinach.

**Cantaloupe** is also a good source of vitamins A and C, while **honeydew melon** gives a boost of vitamins B and C. Both of these melons are also wonderful sources of potassium. Like watermelon, these melons have a small amount of protein, which is unusual for fruit. Choose these melons from the muskmelon family that have a sweet smell and no mushy spots. They are best stored in the refrigerator.

There are numerous varieties of melons available in summer, all with amazing flavors. Whichever variety you prefer, be sure to fill up on nutritious, delicious melon this summer.

## Melon Salad - Makes 6 servings.(from pioneerthinking.com)

- 1 lb. watermelon
- 1/2 lb. honeydew melon
- 1/2 lb. cantaloupe
- 4 Tbsp. diced feta cheese
- 2 Tbsp. finely chopped mint leaves
- Juice of 1-2 limes
- Salt and pepper to taste, if desired
- Whole sprigs of mint leaves for garnish (optional)

Seed the melons and cut into bite-sized pieces. Arrange them on a platter or 6 salad plates. Sprinkle with the feta and chopped mint. Season with lime juice and, if desired, a pinch of salt and pepper to taste. Optionally garnish with sprigs of mint.