Summer Melon Tutorial

Having trouble choosing a good melon? The best way to start is by narrowing your choices. Smooth-skinned melons such as honeydews are really tough to pick. Rough-skinned melons such as cantaloupes and muskmelons that have the netting on the skin are much easier. These offer a lot of clues to the discerning eye. Start with the netting itself, which should be raised above the peel. The background color should be golden, not green. Check the bellybutton where the melon attached to the stem. It should be clean -- these melons "slip" from the vine when they are mature so there should be no trace of stem left. You can give a gentle squeeze at the stem end; it should give slightly (but not be too soft). And give it a shake: If you hear the seeds sloshing around, it needs to be eaten right away.

- The surest sign of a great melon? They have an amazing perfume that you should be able to smell across the table.
- Be sure to wash all melons before cutting and serving.



Ogen Melon (Ha'ogen)
Yellow and green striped skin with
no netting. Sweet and aromatic
green flesh. Soft like an avocado
when ripe.



Cavaillon Melons
French muskmelon with lime green skin and dark green stripes. Turns cream color when ripe. Very fragrant with a high sugar content.



Butterscotch Melon
Small melons with a pale green
skin and two-toned green and
orange flesh. Sweet like
butterscotch.

Arava Melon
Yellow netted skin with a lime



Sugar Queen
Large, netted, orange fleshed
melons that have rust blush when
they are ripe. Very sweet and juicy.



Cantaloupe
A well netted, uniform, oval shaped fruit with a beautiful dark salmon-colored flesh. Has thick very sweet flesh.





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