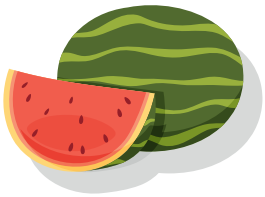
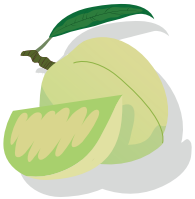
MELON FACTSHEET

Breakfast CLUB of Canada™

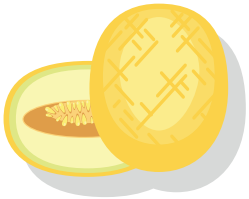
Delicious, refreshing and versatile, melons are a beloved fruit that come in many varieties, such as cantaloupe, honeydew, watermelon and canary melon. The incomparable juiciness and unique flavour of melons make them a great addition to fruit salads and smoothies, and a delight to enjoy on their own. This guide will help you choose, prepare and store melons for the students in your program to enjoy.



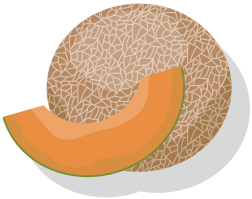
watermelon



honeydew



canary melon



cantaloupe

HOW TO CHOOSE A MELON

- **Firmness:** Choose firm melons. Some may have blemishes on one side, where they rested on the ground while growing. This doesn't affect the quality of the fruit.
- **Avoid contamination:** Steer clear of melons that are bruised or otherwise damaged, as these areas can be entry points for potential contamination.

HOW TO KNOW IF A MELON IS RIPE

- **Smell:** A ripe melon gives off a sweet, pleasant fragrance, especially at the stem end. The absence of smell often means it isn't ripe yet.
- **Texture:** A melon should feel slightly soft to the touch, especially near the stem. If the skin is too soft, it may be overripe.
- **Weight:** A melon that feels heavy for its size tends to be riper and juicier.
- **Sound:** The sound test works primarily for watermelons. A hollow sound indicates that they are ripe and juicy. For cantaloupes, honeydews, and canary melons, it's better to rely on other indicators.
- **Colour:** The colour should ideally be uniform and free of green spots (for cantaloupe, free of golden-beige spots). Yellow spots on a watermelon, on the other hand, may indicate ripeness.

PREPARATION:

- **Handwashing:** Before handling a melon, wash your hands with warm water and soap for at least 20 seconds.
- **Washing the melon:** It is important to scrub the skin of the melon under running water with a clean fruit and vegetable brush before cutting it. Otherwise, bacteria such as salmonella can transfer from the skin to the flesh.
- **Cleaning surfaces:** Thoroughly clean work surfaces, cutting boards and utensils with hot soapy water before and after handling the melon.

CONSERVATION:

- **Whole melon:** Store in the refrigerator for up to 15 days.
- **Cut melon:** Once cut, melon should be kept in the refrigerator and consumed within four days. Discard any cut melon left at room temperature for more than two hours (or less in a warm environment).

This guide will help you choose, prepare and store melons so you can enjoy their freshness and flavour safely.