

CANARY MELONS



TEACH

FIND LOCAL CANARY MELONS IN ARIZONA:

HARVEST MONTHS: July, August, September

- Agritopia Farms, Gilbert, AZ
 - via Sun Produce
- Arevalos Farm, McNeal, AZ
 - via Pivot Produce
- Blooming Reed Farms, Paulden, AZ
 - via Sun Produce
 - via Pivot Produce



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ARIZONA HARVEST FACTS!

- Canary melons are named for their bright, canary-yellow skin which resembles the color of a canary bird.
- The flesh of the canary melon is pale ivory or light green and is known for its mildly sweet, tangy, and refreshing flavor, similar to cantaloupe.
- Canary melons are a good source of vitamins A and C, which are important for maintaining healthy skin and boosting the immune system. They also provide dietary fiber, which aids in digestion.
- With over 90% water content, canary melons are a fantastic way to stay hydrated, especially during the hot summer months.
- When selecting a canary melon, look for one that is vibrant in color and feels heavy. A ripe canary melon will have a slight give when gently pressed at the blossom end.
- To test the ripeness of a canary melon, give it a light tap. A ripe melon will produce a deep, hollow sound, indicating that it is juicy and ready to eat.

TASTE

LOCAL RECIPE: SUMMER MELON SALAD

Serving size: ½ cup, Yield 16 servings
NSLP/SBP Crediting Information: ½ cup Fruit

Summer Melon Salad is a zesty, sweet and refreshing salad. It features canary and cantaloupe melons, fresh mint, and lemon juice.

- 4 cups diced Cantaloupe melon
- 4 cups diced Canary melon
- 1 Lemon
- Mint leaves, finely chopped



To ensure food safety with melons always thoroughly wash them under running water before cutting and eating.

QUICK MATH: CANARY (YELLOW) MELONS



1 pound whole, fresh melon yields approximately **1 cup** of cubed, ready to eat melon