

# WNM Monthly Newsletter-- August 2009

*Making the most of the summer's beautiful nutrition.*

*This month's focus- melons and summertime smoothies!*

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## Melons—my “crop of the month” pick!

### Melons 101



Berries are my favorite burst into spring fruit, and peaches and plums make me swoon. But melons! Oh, how I love melons! Their texture, their fragrance, their melt-in-your-mouth sweetness is everything a woman could ask for in a fruit!

Melons originated in the Middle East. The ancient

Greeks and Romans dined on cantaloupes and muskmelons. It was Columbus who brought the first melon seeds to the Americas which were then cultivated by Spanish explorers in California.

Melons are members of the cucurbitae family which also includes squash, gourds and cucumbers. If you plant any of these plants, keep them separated, as they can cross-pollinate with one another. I have had squash cross with cucumbers and ended up with some really inedible fruits!

Melons are high in natural sugars, water, vitamins C and potassium, not to forget phytonutrients and flavonoids. Sweet and low in calories, they are a dieter's dream come true. Cantaloupes, honeydews and watermelons are the most common varieties, but starting right about now, you will see an amazing array of melons coming to market.

Here is a sampling of varieties to look for:

- ✓ Cantaloupe: sporting the highest amounts of beta carotene, our favorite melon should have a nice fragrant smell and smooth blemish-free skin.
- ✓ Casaba: Pale yellow skins with a white flesh, casabas are the only melon with no fragrance!
- ✓ Crenshaw: this hybrid between the casaba and Persian melon has a sweet and spicy taste. It is yellow-skinned with a salmon-colored flesh.



- ✓ Honeydew: the sweetest of all melons—when they are ripe! These melons are all too often added to fruit salads when they are unripe and tasteless, giving the melon a bad name! They should be creamy, yellow

skinned with a pale green, fragrant flesh.

- ✓ Persian: Looking a bit like an over-sized cantaloupe, this melon has more green in its webbed rind, and the webbing is a bit more tightly spaced.

- ✓ Santa Claus: ripening around Christmas time, these melons have a rind that looks similar to a watermelon. It is not as sweet as most other melons.

When choosing melons, pick ones without cracks or soft spots. They should be fragrant. Ripen them on your counter for 2-4 days, then store in the fridge. They will keep for 3-4 days when cut up, a bit longer if left whole. Please wash melons with warm soapy water before cutting to remove any germs or debris. Eat freely! peel Melons are great just as they are, or season with lemon, lime or cayenne. Try them mixed with other fruits in a salad. Make a cold fruit soup. Hollow them out a bit and use as a “bowl” for yogurt or cereal. Wrap wedges in good Prosciutto and serve for appetizers. Drizzle melon balls with hazelnut liquor or fresh mint. Dice and add to fresh fruit salsas, with jalapeno, cilantro and diced red

onions. These fruits are a gift of cool hydration in a month that is usually stiflingly hot. Have a melon half when you are ready to reach for drink, and feel the refreshment as your body absorbs the nutrients. Try a new variety and enjoy perhaps you will find a new you can simply favorite.



Enjoy your summer...live your life well. Eat like your health depends on it. Call me so that I can help you through your stumbling blocks to wellness. [www.womensnutritionmatters.com](http://www.womensnutritionmatters.com), [herbagem@gmail.com](mailto:herbagem@gmail.com), or 908-377-0773. I look forward to hearing from you! Blessings, Diane



## Summertime Smoothies!

Here are a few summertime recipes that will keep you nourished and cool! Don't be afraid to create your own!



### Some smoothie tips”

- Always add a handful of greens for optimum nutrition
- Freeze ripe bananas to have on hand
- Add protein powder to make it a meal!
- Pre-chill your thermos if you are taking your smoothie “to go”!

### Banana-cocoa-soy smoothie

1 freezer banana	1T agave or raw honey
½ c soymilk	optional handful of fresh mint
½ c silken tofu	leaves
2T raw cocoa	

### Citrus Berry smoothie

1 ¼ c berries, fresh or frozen  
 ¾ c plain organic yogurt  
 ½ c orange juice  
 2T protein powder  
 1 T wheat germ  
 1 T agave or raw honey  
 ½ tsp vanilla

### Breakfast smoothie

Handful of spinach  
 Handful of fresh mint leaves  
 1 c vanilla organic yogurt  
 ¼ c fresh fruit juice  
 1 ½ c frozen berries or peaches  
 1T ground flax seed

### Strawberry mint smoothie

Handful of kale  
 1 c strawberries  
 1 c low fat organic buttermilk  
 ½ c mint leaves  
 1 T ground flax seed  
 2 ice cubes (optional)