



Melon Agua Fresca

By Erin Fletter

Prep Time 7 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)
- ☐ Dry measuring cups
- ☐ Liquid measuring cup

Ingredients

Melon Agua Fresca

- ☐ 1 lime, juiced
- ☐ 2 C cantaloupe, watermelon, or honeydew (about 1/4 to 1/2 melon)
- ☐ 1 1/2 C sparkling or still water

☐ 1/2 C sugar/honey/agave syrup (or 4 to 5 stevia packets)

☐ 2 C ice

Food Allergen Substitutions

Melon Agua Fresca

Instructions

Melon Agua Fresca

slice + squeeze

Slice **1 lime** in half and squeeze the juice into your blender (or pitcher for use with an immersion blender).

chop + add

Chop and add **2 cups cantaloupe** (or other melon), **1/2 cup sugar**, and **1 1/2 cups sparkling or still water** to the blender.

blend + adjust

Blend until smooth and adjust flavors until just right! Serve in cups over ice. "Muy bien" or "Very good" in Spanish!

Featured Ingredient: Melon!

Melons originally came from Africa and southwestern Asia. Ancient Egyptians first cultivated melons around 2,000 BCE. After they grew in popularity in Europe, melons were introduced to America by Spanish settlers during the 15th and 16th centuries.

Melons are part of the Cucurbitaceae or gourd family. Their flesh is sweet and edible. The three melon varieties that you may be most familiar with are cantaloupe, honeydew, and watermelon.

The flesh of a cantaloupe is orange, honeydew can be light green to green, and watermelon is usually red, although it can be yellow, orange, or white.

Because the melon is from the same family as the cucumber, pumpkin, and squash and is harvested and cleared from fields like other vine-growing vegetables, it can be classified as a vegetable. However, the melon is botanically a fruit and technically a type of berry called a pepo.

The size of a melon depends on its variety. The largest recorded watermelon was 262 pounds!

Watermelon is now the most consumed melon in the United States, followed by cantaloupe and honeydew. Scientists have created cube-shaped melons! Packaging and transporting this type of melon require less effort than rounded kinds of melon. However, cube-shaped melons are far more expensive than conventional melons.

Melons have high nutritional value as they are a rich source of vitamin C and B vitamins and minerals such as potassium, manganese, iron, and phosphorus.

