



The Melon Story



All melons have a high water content (that's why they're so refreshing) but that doesn't mean that they can't be full of flavour!

In the beginning

Although we can't be sure, it is believed that melons originated in Africa and Asia though they have been known in China for over 3000 years. Melon seeds dating from c.1200BC have recently been found in Europe, so melons go back a long way! However, primitive varieties tasted bitter and could not be eaten raw.

Sweeter melons were developed much later, possibly in Spain, by crossing these bitter varieties with others brought from Persia by Arab traders. Later still the melon reached France and Italy and then in the 15th Century, Christopher Columbus took some on his trip to Latin America - where today all Fyffes melons are grown.

The melon plant

Melons are sown as seeds and grown in hot, sunny climates. They grow very quickly and after 2 or 3 months they are ready for harvesting. Whilst we use them as a fruit they actually belong to the family Cucurbitaceae – the pumpkin family. They are divided into sugar melons and water melons.

Tips & tricks

There are many types of melons and many ways to enjoy them: as an appetizer wrapped in Serrano or Parma ham; as a healthy dessert; in fruit salad; or simply on their own as a tasty thirst quencher. A pinch of salt and pepper or grated ginger gives the taste a special kick!

They're most refreshing when fully ripe and nicely chilled (great for a picnic or by the pool). And if you can't quite manage to eat a whole melon in one go, you can wrap the remainder in cling film and pop it in the fridge, where it should keep for a couple of days.