

## Recipe: Ham, Spinach, and Melon Salad

Serving Size: 1/6 of recipe; Yield: 6 servings; Calories per Serving 263

### Ingredients:

3 tablespoons olive oil  
2 tablespoons orange juice  
2 teaspoons raspberry vinegar  
1 teaspoon coarse grained prepared mustard  
Ground black pepper to taste  
3 cups cooked ham, cubed  
8 cups baby spinach, rinsed and drained  
1 cup diced cantaloupe  
1/2 cup diced peaches  
1 red onion, thinly sliced

### Instructions:

1. In a small bowl, whisk together the oil, juice, vinegar, mustard, and pepper.
2. In a large bowl, toss together ham, spinach, cantaloupe, peaches, and onion.
3. Pour dressing over all and toss to coat. Serve immediately.

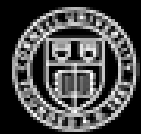
**Source:** [www.allrecipes.com](http://www.allrecipes.com)

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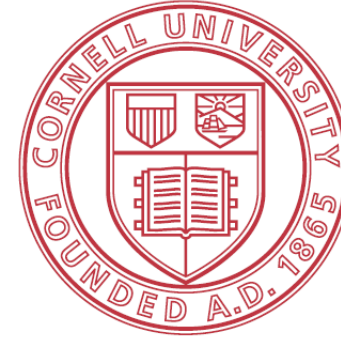
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Text for this publication was written by Master Gardener Volunteer Nora Teter.

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## Fruit Growing Guides: Melon

*Cornell Cooperative Extension Clinton and Essex Counties*

### Melon Facts



#### Recommended Varieties:

- Athena
- Fastbreak
- Early Dew
- Passport
- Charantis
- Galia
- Jenny Lind

Full sun, rich garden soil, and plenty of space (3 to 12 feet of spread) are required for growing melons in your home garden. Typical eastern muskmelons have heavily netted fruits with large seed cavities and a musky aroma and flavor. Another group of melons, the winter melons includes honeydew, Persian, Crenshaw and casaba melons. Melons like a long, hot growing season, so choose short-season varieties to assure that your melons ripen during our warm northern harvest days. Consider starting seeds indoors and keeping young plants warm with dark plastic, IRT mulch, or fabric row covers. If garden space is at a premium train the vines to grow up on a support, or grow bush varieties in large containers on patios and decks.



Melon seeds should germinate in 3-10 days depending on soil temperature, and are viable for 4 years. Plant seeds directly in the garden ½” deep once soil temperatures reach 70 f, allowing adequate garden spacing since melon vines sprawl along the ground to a six-foot diameter. Plant 6 seeds per hill, thinning to 2 or 3 plants per hill once plants have their true leaves. Or, plant seeds ¼” deep in pea pots indoors 2 to 4 weeks before transplanting outdoors. Harden off seedlings before planting outdoors, and avoid disturbing the roots of the melon seedlings when transplanting.

## Pests and Diseases

Young melon plants are susceptible to small, yellow-striped or spotted and elusive cucumber beetles. To control early beetles place light fabric tents or row covers over plants when they are first set outside, but remember to remove these before flowering. Squash vine borers and squash bugs can be removed by hand. Adequate spacing with good air circulation is the best control for mildews.



## Maintenance and Care



Melons require warm temperatures above 50° F for steady growth. Once the soil is warm, mulch or lay back plastic around plants to maintain heat and moisture, and to suppress weeds. Or, fabric row covers can be used to warm the soil around young plants. Avoid covering with plastic as that will trap too much heat. If using row covers make sure the covers are removed when the first female flowers form so that pollination by bees can occur. Notice that female flowers have a tiny melon at their base. Melon vines need continual moisture until fruit sets and melons are about the size of a tennis

ball. After that water only if the soil is dry or the leaves look wilted.

## Harvest and Storage

Most muskmelon varieties are ready to pick when the blossom end smells soft and sweet, their color changes from grey-green to buff-yellow, and when a light tug separates the fruit from the vine. Other melon are overripe by the time the fruit can be tugged from the stem. These must be cut from the vine. Melons are best eaten right out of your garden, but can be chilled in a refrigerator for up to 15 days.



Sources:

Information for the text was taken from Cornell University's Vegetable Growing Guides which can be found at <http://www.gardening.cornell.edu/homegardening/sceneb771.html>

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.