



Nutritious, Delicious, Wisconsin!

MELON ■ DIB



Watermelon



Thai Musk Melon



Cantaloupe



Honeydew Melon



HMooB Varieties

- Watermelon (Dib Liab)
- Cantaloupe (Dib Pag Daj)
- Honeydew Melon (Dib Pag Dawb)
- HMooB Cantaloupe or Thai Musk Melon (Dib Pag/Txaij/Txaig)

CULTURE & CONNECTIONS

Melons are popular at HMooB celebrations. They're often served at snack tables with other fruits, vegetables, and side dishes. In the HMooB language, melons and cucumbers share the same name. You can tell them apart by the color of the melon's inside. You can save the seeds from your favorite melon

to grow your own at home! Melons are a summertime favorite and add bright color to dessert tables. Many HMooB people enjoy carving melons into beautiful decorations for special events.



PREPARATION

Store: Keep whole melons at room temperature until they ripen. Once ripe or cut, store them in the refrigerator. You can also freeze melon pieces to enjoy later.

in half. Depending on the type, remove the seeds with a spoon. Peel off the rind if needed, then cut into bite-sized pieces.

Prepare: Rinse the melon with cold water and gently rub to clean off any dirt. Cut the melon

Taste: Melons are sweet, juicy, and refreshing. Try them with chili pepper dip for a mix of sweet, spicy, and savory flavors.



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