

New sugary melon beverages with reduced sugar content

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A melon is any of various plants of the family Cucurbitaceae with sweet, edible, and fleshy fruit. The word "melon" can refer to either the plant or specifically to the fruit. Botanically, a melon is a kind of berry, specifically a "pepo". The word melon derives from Latin melopepo,^{[1][2]} which is the latinization of the Greek μηλοπέπων (mēlopepōn), meaning "melon",^[3] itself a compound of μήλον (mēlon), "apple", treefruit (of any kind)"^[4] and πέπων (pepōn), amongst others "a kind of gourd or melon".^[5] Many different cultivars have been produced, particularly of cantaloupes.

Melons originated in Africa^[6] or in the hot valleys of Southwest Asia, especially Iran and India,^{[7][8]} from where they gradually began to appear in Europe toward the end of the Western Roman Empire. Melons are known to have been grown by the ancient Egyptians. However, recent discoveries of melon seeds dated between 1350 and 1120 BCE in Nuragic sacred wells have shown that melons were first brought to Europe by the Nuragic civilization of Sardinia during the Bronze Age.^[9] Melons were among the earliest plants to be domesticated in the Old World and among the first crop species brought by westerners to the New World.^[10] Early European settlers in the New World are recorded as growing honeydew and casaba melons as early as the 1600s.^[11] A number of Native American tribes in New Mexico, including Acoma, Cochiti, Isleta, Navajo, Santo Domingo and San Felipe, maintain a tradition of growing their own characteristic melon cultivars, derived from melons originally introduced by the Spanish. Organizations like Native Seeds/SEARCH have made an effort to collect and preserve these and other heritage seeds.^[12]

Benincasa-Winter melon^[note 1] (*B. hispida*) is the only member of the genus *Benincasa*. The mature winter melon is a cooking vegetable that is widely used in Asia, especially in India. The immature melons are used as a culinary fruit (e.g., to make a distinctive fruit drink).

Citrullus - Egusi (*C. lanatus*) is a wild melon, similar in appearance to the watermelon. The flesh is inedible, but the seeds are a valuable food source in Africa.^[13] Other species that have the same culinary role, and that are also called egusi include *Cucumeropsis mannii* and *Lagenaria siceraria*.^[14]

Watermelon (*C. lanatus*) originated in Africa, where evidence indicates that it has been cultivated for over 4,000 years.^[15] It is a popular summer fruit in all parts of the world.^[16]

Cucumis -Painted green melons. Chennai, India, 2010 Slice of cantaloupe melon Argos melon

Melons in genus *Cucumis* are culinary fruits, and include the majority of culinary melons. All but a handful of culinary melon varieties belong to the species *Cucumis melo* L.

-Horned melon (*C. metuliferus*), a traditional food plant in Africa with distinctive spikes. Now grown in California, Chile, Australia and New Zealand as well.^[17]

-True melon (*C. melo*)

-*C. melo cantalupensis*, with skin that is rough and warty, not netted.

-The European cantaloupe, with lightly ribbed, pale green skin, was domesticated in the 18th century, in Cantalupo in Sabina, Italy, by the pope's gardener. It is also known as a 'rockmelon' in Australia and New Zealand. Varieties include the French Charentais and the Burpee Seeds hybrid Netted Gem, introduced in the 19th century.^[18] The Yubari King is a highly prized Japanese cantaloupe cultivar.

-**The Persian melon** resemble a large cantaloupe with a darker green rind and a finer netting.^[19]

-C. melo inodorus, casabas, honeydew, and Asian melons

-**Argos**, a large, oblong, with orange wrinkled skin, orange flesh, strong aroma. A characteristic is its pointed ends. Growing in some areas of Greece, from which it gets its name.

-**Banana melon**, an heirloom variety with salmon-colored flesh and an elongated banana shape and yellow rind

-**Canary melon**, a large, bright-yellow melon with a pale green to white inner flesh.

-**Casaba**, bright yellow, with a smooth, furrowed skin. Less flavorful than other melons, but keeps longer.^[20]

-**Crenshaw melon**, a hybrid between a Casaba melon and a Persian melon that is described to have a very sweet flavor

-**Gaya melon**, originally from Japan, a honeydew cultivar that is ivory in color and has a mild, sweet flavor

-**Hami melon**, originally from Hami, Xinjiang, China. Flesh is sweet and crisp.^[21]

-**Honeydew**, with a sweet, juicy, green-colored flesh. Grown as bailan melon in Lanzhou, China. There is a second variety which has yellow skin, white flesh and tastes like a moist pear.

-**Honeymoon melon**, a variety of honeydew with golden rind and bright green flesh and a sweet flavor

-**Kajari melon**, a sweet honeydew cultivar that is red-orange in color with green stripes reminiscent of a beach ball

-**Kolkhoznitsa melon**, with smooth, yellow skin and dense, white flesh.^[22]

-**Japanese melons** (including the Sprite melon).

-**Korean melon**, a yellow melon with white lines running across the fruit and white inside. Can be crisp and slightly sweet or juicy when left to ripen longer.

-**Mirza melon**, a large, cream-colored melon native to Central Asia with a sweet, savory flavor

-Oriental pickling melon

-**Pixie melon**, a sweet, palm-sized cantaloupe cultivar with a strange, cracked-looking netting

-**Piel de Sapo** ('toad skin') or Santa Claus melon, a melon with a blotchy green skin and white sweet-tasting flesh.

-**Sugar melon**, a smooth, white, round fruit.^[23]

-**Tiger melon**, an orange, yellow and black striped melon from Turkey with a soft pulp.^[24]

-**C. melo reticulatus**, true muskmelons, with netted (reticulated) skin.

-**North American cantaloupe**, distinct from the European cantaloupe, with the net-like skin pattern common to other C. melo reticulatus varieties.^[25]

-**Galia (or Ogen)**, small and very juicy with either faint green or rosy pink flesh.^[19]

-**Sharlyn melons**, with taste between honeydew and cantaloupes, netted skin, greenish-orange rind, and white flesh.^{[26][self-published source?]}

-**C. melo agrestis**, Wilder melon cultivars, with smooth skin, and tart or bland taste. Often confused with cucumbers (Dosakai, Lemon Cucumber, Pie Melons).^[27]

-**C. melo conomon**, Conomon Melons, Pickling Melons, with smooth skin, and ranging from tart or bland taste (pickling melon) to mild sweetness in Korean Melon. Oriental Pickling melon, Korean Melon. Closely related to wilder melons (C Melo Var Agrestis).^[28]

-**Modern crossbred varieties**, e.g. Crenshaw (Casaba × Persian), Crane (Japanese × N.A. cantaloupe).

Nutrition[change

Melons are a nutritious food. The seeds of cantaloupe were used in China to moderate fevers and the digestive system. Elsewhere, seeds were ground into a powder and used to treat tuberculosis. Cantaloupes are particularly beneficial to people with heart disease, as they have large of amounts of an anticoagulant known as adenosine. They also have high levels of potassium, which benefits those with high blood pressure. Due to their high water content, all melons are considered diuretics.

There is also evidence that suggests that eating melons can lower the risk of cancer. USDA researchers discovered that melons have lycopene, an antioxidant found in a select group of fruits and vegetables. Lycopene treats and prevents cancer by trapping free-radicals in cells.

Sample	Origin	Extraction procedure	Oil content (%)
Cucumis melo var. "Ananas"	Tunisia	Cold pressing	28.4
Cucumis melo var. "Maazoun"	Tunisia	n-Hexane	30.6
Honeydew melon (Cucumis melo L.)	Spain	n-Hexane	27.6
Mashhadi melon (Cucumis melo var. Iranians cv. Mashhadi)	Iran	n-Hexane	14.4
Cucumis melo var. "inodorus"	Brazil	n-Hexane	15.3
Cucumis melo var. "honeydew"	Bulgaria	n-Hexane	41.6
Cucumis melo Var. "Dessert 5"			41.6
Cucumis melo var. "Hybrid 1"			44.5
Cucumis melo var. "tibish"	Sudan	n-Hexane	31.1
Cucumis melo var. "inodorus Naudin"	Brazil	Chloroform/methanol/water	30.6
Cucumis melo var. "agrestis"	Sudan	Petroleum ether	23.3

Health Benefits of Melons

Melons are part of the Cucurbitaceae plant family, which includes foods like pumpkins and cucumbers. There are dozens of different types of melons that grow globally, including the gourd-like bitter melon from India and the sweet canary melon grown in Asia and Africa.

Most of the melons eaten in the U.S. are grown domestically, with watermelon, cantaloupe, and honeydew the most commonly consumed varieties.[29]

While each type of melon offers a slightly different nutritional profile, every variety is hydrating and full of antioxidants like vitamin C and beta-carotene.

Keep reading for four impressive health benefits of melons.

Great Source of Antioxidants

Melons are excellent sources of antioxidants, naturally occurring molecules that help scavenge harmful compounds in the body called free radicals. Free radicals heighten oxidative stress and damage tissues over time.

A greater intake of antioxidant-rich foods has been associated with a lower risk of developing chronic diseases like cardiovascular disease and cancer.[30]

Plant foods like fruits, vegetables, legumes, nuts, seeds, and whole grains are all wonderful sources of antioxidants. Melons are no exception.

Each type of melon delivers a different antioxidant profile. Cantaloupe, for example, is a great source of beta-carotene, a 'provitamin' that gets converted into vitamin A in the body and supports vision and reproductive health. Just one cup of cantaloupe provides nearly one-third of your daily vitamin A needs.³

Watermelon serves up notable antioxidants as well. The summertime staple is rich in lycopene, the same antioxidant that gives foods like tomatoes and grapefruits their vibrant color. While findings have been mixed, some studies report that a higher lycopene intake is associated with lower risk of developing prostate cancer.[31]

Promote Hydration

About 20% of our hydration needs are actually met through food, not the water we drink. Luckily melons are among the most hydrating fruits around, with varieties like cantaloupe and watermelon clocking in at 90% water by weight. Melons' sky-high water content makes them perfect snacks for hot summer days.

Staying adequately hydrated helps maintain steady energy levels, regular bowel movements, and lubricated, mobile joints. Consuming enough fluids is also important for preventing conditions like kidney stones.

Apart from melons, other water-rich foods include strawberries, cabbage, celery, and spinach.[32]

Support Immune Health

All three of the most popular types of melon are good sources of vitamin C, another antioxidant.

Vitamin C in particular supports a healthy immune system by stimulating the production of white blood cells and enhancing their action against foreign invaders. On the flip side, research shows that low levels of vitamin C are associated with a greater susceptibility to illnesses and infection.[33]

What's more, dietary vitamin C helps the body absorb more non-heme iron from plant-based foods like nuts, seeds, and beans. Since an iron deficiency can also worsen our body's defenses against invaders, vitamin C bolsters the immune system in more ways than one.

Fortunately you don't need to eat an entire melon to keep your immune system on tip top shape: just one cup of cubed cantaloupe fulfills 65% of your daily vitamin C needs.[34]

Good for Skin Health

When it comes to melons, the saying 'you are what you eat' might just apply. That's because both the high vitamin C and water content of melons are critical for healthy, glowing skin.

Vitamin C assists in the production of the most abundant protein in the body, collagen. Collagen supports skin elasticity and also aids in wound healing. [35] When you get a cut, proteins like collagen are responsible for remodeling the tissue at the wound site. As you age, declining collagen stores contribute to the formation of wrinkles. [36]

Eating water-rich foods like melon may also help keep skin better hydrated and therefore more supple.

Melon Nutritional Facts

Melons like cantaloupe are low in calories, but deliver important nutrients like vitamin C and potassium.

One cup of cubed cantaloupe provides:7

- Calories: 54
- Fat: 0.3 grams (g)
- Sodium: 25 milligrams (mg)
- Carbohydrates: 13 g
- Fiber: 1.4 g
- Protein: 1.3 g
- Vitamin C: 58.7 mg or about 65% of the daily value (DV)
- Potassium: 427 mg, or about 9% of the DV

Risks of Eating Melons

For most people, melons are well tolerated, safe for consumption, and full of beneficial nutrients. A few subgroups that may need to avoid or minimize melon consumption include:

- People diagnosed with melon allergies: Individuals with melon allergies should avoid consuming the fruits entirely to prevent adverse reactions.
- Some people with irritable bowel syndrome (IBS): Those diagnosed with IBS may be sensitive to specific classes of carbohydrates that are abbreviated as 'FODMAPs.' Fruits like watermelon have high amounts of the FODMAPs fructose, mannitol, and fructans.[37]As such, some people who are sensitive to these FODMAPs may experience abdominal pain, gas, or looser stools after eating even moderate quantities of watermelon.[38]
- People watching their blood sugar: Whole fruits need not be eliminated, even for people diagnosed with insulin resistance or type 2 diabetes. But because melons like watermelon contain a fair amount of natural sugar without any protein or fat, eating a large quantity of the fruit could potentially spike blood glucose levels in some people. Stick with a one-cup serving of melon per sitting and pair the fruit with a source of protein (like plain Greek yogurt) or healthy fat (like almonds) if you're working on stabilizing or lowering your blood sugar levels.

Tips for Consuming Melons

Cantaloupe is notorious for harboring harmful bacteria like Salmonella, so it's important to wash melons well before eating them. Since melons are grown in the dirt, unwanted bugs can accumulate on their outer surface.

Though you don't eat the skin of melons, simply cutting through the outer rind can transfer bacteria to the fruit's inner flesh if the melon hasn't been sufficiently cleaned before slicing.[39]

To thoroughly clean melons, follow these steps:[40]

- Run melon under warm water before slicing. There's no need to use a special solution for cleaning fruits and vegetables. Room temperature water works well.

- Use a clean fruit and vegetable brush to scrub melon skin well.

Quality melons will be free from bruises. Watermelons that have yellow areas on their outer rinds are best. That yellow spot is the area where the fruit rested on the ground. Its presence indicates that the watermelon fully ripened out in the field instead of getting shipped prematurely to your grocery store.

Healthy ways to enjoy melons include:

- In homemade parfaits with plain Greek yogurt and high-fiber toppings like chia seeds[41]

- Added to water for a naturally infused beverage

- Blended and poured into popsicle molds for low-sugar fruit pops

- Wrapped in prosciutto or turkey bacon for a savory snack or appetizer

- Frozen in chunks and blended with fresh lime juice to make a fruit slushy

- Tossed with feta cheese, fresh mint, and olive oil for a salty-sweet side salad

- Skewered with mini mozzarella balls and fresh basil leaves

Melons are hydrating and full of healthy antioxidants, such as beta-carotene in cantaloupe and lycopene in watermelon. They're also good sources of electrolytes like potassium, as well as vitamin C.

Adding these versatile fruits to your diet can help you stay well nourished and may even lower your risk of developing chronic conditions over time.[42]

Based on the information in 2016 offered by B. Ye. Yerenova, Yu. Pronina and E. B. Medvedkov, the technological scheme of juice production based on the melon was made.

organoleptic
indicators will be
tested

The antioxidant
activity of the juice
- amperometric
method

The content of carotenoids-
spectrophotometry



Weight fractions of
potassium, magnesium
and Ferrum-absorption
spectroscopy method

Weight fractions of sucrose, glucose, fructose=
high-performance liquid chromatography (HPLC), using a refractometric
detector and a thermostatic chromatographic column (GOST

Technological process

**melons are sorted or graded and
inspected for quality on inspection
tables or belts.**

Rinsed under water at a water pressure-50kPa

Peeling and deseeding

Cutting into pieces-of 15–20 × 30–50 mm,

Juice extraction-

Pieces of melons will be crushed

With the purpose of extracting more juice, crops of melons are frozen at the temperature of $-25 \div -35^{\circ}\text{C}$ for one hour, after that they are rapidly defrosted in the air at a temperature of $20\text{--}25^{\circ}\text{C}$, for 30–40 minutes.

juice will be extracted in a centrifuge with a sieve with round holes of $d = 0.06\text{--}0.1$ mm or slot-like orifices of $d = 0.1 \times 2.0$ mm.

The homogenization process-

$P_r = 15\text{--}17$ MPa.

Prior to packaging the homogenized juices are deaerated and heated in deaerators-pasteurizers at $t = 35\text{--}40^{\circ}\text{C}$, $P_{res.} = 6\text{--}8$ kPa, for 10 minutes, and in vacuum apparatuses at $t = 45\text{--}50^{\circ}\text{C}$, $P_{res.} = 11\text{--}17$

In the absence of deaerators, juice will only be heated in tubes or plate heaters.

Juices are bottled in glass containers with a capacity of no more than 3 liters at a juice temperature of 80°C .

Capping- sterilization-storage

According to the other i cantaloupe and condensed melon juice with shredded melon. The authors also mention the creaminess, processing, and a delicious way to hydrate! Different types of melon drinks were offered by authors.

Prep.Time: 15minutes

Total Time: 15minutes minutes

Course: Beverage

Cuisine: Filipino

Servings: 6 servings

Author: Lalaine Manalo

Ingredients

- 1 large cantaloupe
- 4 cups cold water
- 1 can (14 ounces) condensed milk
- ice

Instructions

1. Cut melon into half. With a spoon, scrape seeds and pulp.
2. Place pulp and seeds in a bowl, add 1 cup of the water, and repeatedly press down with the back of a spoon to extract the juice. In a fine-mesh sieve, strain. Discard seeds and reserve the juice.
3. Using a melon shredder, shred cantaloupe meat.
4. In a pitcher, combine shredded cantaloupe, the reserved juice (from straining pulp), and the remaining 3 cups water.
5. Add condensed milk and stir to disperse. Serve in glasses over ice. Consume immediately.

Notes

- Consume the drink immediately once the condensed milk is added as chemical compounds in the melon react to the milk over time, resulting in an acrid or bitter taste.
- I used one full can of condensed milk to allow for the dilution of the mixture from ice. If serving it without ice, adjust the amount of condensed milk according to desired sweetness.

Melon Juice

Melon juice made of shredded cantaloupe and simple syrup is a refreshing drink you'll love year round. Bursting with fresh fruit flavor, it's a tasty and healthy way to hydrate!

Prep. Time:15minutes

Cook Time: 5minutes

Total Time: 20minutes

Course: Breakfast

Cuisine: Filipino, Global

Servings: 6 Servings

Calories: 311kcal

Author: Lalaine Manalo

Ingredients

- 1 large cantaloupe
- 1 cup simple syrup
- 4 cups cold water

For the Simple Syrup

- 1 cup sugar
- 1 cup water

Instructions

1. Cut cantaloupe in half crosswise and with a spoon, scrape off seeds and inner pulp.
2. In a bowl, place seeds and pulp with one cup of the water, and mash with the back of a spoon to extract flavor. Using a colander, strain juice and discard seeds.
3. Hold the cantaloupe half firmly and shred flesh using a fruit shredder or the tines of a fork into thin strands.
4. In a pitcher, combine shredded melon, extracted juice from seeds, simple syrup, and the remaining 3 cups of water. Stir well and chill in the refrigerator until ready to serve

For the Simple Syrup

1. In a saucepan over medium heat, combine sugar and 1 cup of water and bring to a boil, stirring occasionally, until sugar is dissolved.
2. Remove from heat and allow to cool completely.

Notes

Adjust the amount of water to meet desired sweetness. If serving the drink over ice, you might want to make it a tad sweeter, as the ice will melt and dilute the taste over time.

Melon Juice

This creamy Melon Juice recipe is a sure fire way to cool you down on a hot day! A pitcher of this refreshing beverage with strips of cantaloupe is just so refreshing!

Prep. Time: 10minutes

Cook Time:2minutes

Total Time:12minutes mins

Course: Drinks

Cuisine: Filipino

Keyword: melon juice, melon juice recipe

Servings: 6

Calories: 198kcal

Author: Mia

Ingredients

- 1 medium cantaloupe
- 1 can 354 ml evaporated milk
- 4-5 cups water

- 1 cup sugar

Instructions

1. Slice the cantaloupe into half. Remove all the seeds.

1 medium cantaloupe

2. Using a melon scraper or spoon, scrape the cantaloupe and place in a large bowl. Set aside.
3. In a large pitcher, combine water, sugar, and milk. Stir until the sugar is dissolved. Add the shredded cantaloupe. Stir again to distribute.

4-5 cups water, 1 cup sugar, 1 can 354 ml evaporated milk

4. Chill in the refrigerator for at least 30 mins or serve with ice. Bon appetit!

Nutrition

Serving: 6g | Calories: 198kcal | Carbohydrates: 46.9g | Protein: 4.8g | Fat: 0.3g | Saturated Fat: 0.1g | Cholesterol: 2mg | Sodium: 81mg | Potassium: 424mg | Fiber: 0.8g | Sugar: 46.6g | Calcium: 168mg

Melon production is done in various countries.

Melon production, 2020

Country	Production (millions of tonnes)
 China	13.83
 Turkey	1.72
 India	1.33
 Iran	1.28
 Afghanistan	0.79
 United States	0.69
 Guatemala	0.65
 Brazil	0.61
World	27.4
Source: FAOSTAT of the United Nations ^[29]	

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40. Centers for Disease Control and Prevention. 10 dangerous food safety mistakes.