

Cantaloupe (Muskmelon) and Honeydew

(Cucumis melo)

Recommended Varieties

Orangef lesh

Samson
 Ambrosia
 Saticoy Hybrid
 Topmark
 Bush Star
 Honeybush (bush plant)
 Crenshaw
 Casaba

Disease Resistance

AAS, F, PM
 DM, PM
 F,M, PM
 PM
 AAS, F, PM
 F

Honeydew
 Tam Dew (fruit slips when mature)
 Fruit Punch (distinctive flavor)
 Limelight

DM, PM
 F

Melons require high temperatures during the growing season and therefore do best in warm interior valleys. Most varieties require 90 days to produce fruit.

Vines have separate male and female flowers, and bees are required for pollination. To prevent killing bees, use insecticides late in the evening, if at all. Male blooms form first and do not set fruit; thus, do not be concerned when male flowers fall off. A heavy rain when melons are ripening may cause some of the fruit to split open. Fruit in contact with soil may develop rotten spots or be damaged by insects on the bottom. Place a board or a few inches of mulching material, such as sawdust or straw, beneath each fruit when it is nearly full-sized.

Harvest melons when the fruit is at 'full slip' -- when a slight crack completely circles the stem where it is attached to the fruit. If you harvest at the right time, you can pull off the stem, leaving a smooth cavity. However, the slip does not develop in Crenshaw, Casaba, or some honeydew varieties. Harvest these melons when the fruit softens at the blossom end and starts to turn yellow. Shade Crenshaw fruit to protect from sunburn. Melons may only be stored for a short time, except Casaba and honeydew, which store well for several weeks.

Melons are relatives of cucumbers, squash, pumpkin, and watermelon, all of which are known as the cucurbits. They suffer from similar pests and diseases. See Fruit Set Problems In Squash, Melons and Cucumbers.

Nutritional Value of Cantaloupe

Serving size:	1/2 cup, cubes	<u>Primary Nutrients</u>	<u>%RDA(m)</u>	<u>%RDA(f)</u>	
Calories	57	Vitamin C	68 mg	113	21
Fat	0.4 g	Vitamin A	516 RE	52	65
Calories from fat	6%	Folic Acid	27 mcg	14	15
Cholesterol	0	Vitamin B6	0.18 mg	9	11
Sodium	14 mg	Magnesium	17 mg	5	6
Protein	1.4 g	Niacin	0.9 mg	5	6
Carbohydrate	13.4 g				
Dietary Fiber	1.3 g				
				<u>% Min Requirement</u>	
		Potassium	494 mg		25

Nutritional Value of Honeydew (green flesh)

Serving size:	1/2 cup, cubes	<u>Primary Nutrients</u>	<u>%RDA(m)</u>	<u>%RDA(f)</u>	
Calories	60	Vitamin C	42 mg	70	70
Fat	0.2 g				
Calories from fat	3%				
Cholesterol	0				
Sodium	17 mg				
Protein	0.8 g				
Carbohydrate	15.6 g				
				<u>% Min Requirement</u>	
		Potassium	461 mg		23

Problem Diagnosis for Cantaloupe

What the Problem Looks Like	Probable Cause	Comments
Deformed, curled leaves. Small, soft-bodied insects on undersides of leaves. Sticky honeydew or black, sooty mold may be present.	Aphids	Use insecticidal soap.
Fine stippling on leaves. Yellow or brown leaves. Leaf undersides are silver-gray with fine webbing and yellow, orange, or red dots.	Spider mites	Use oil or soap spray.

Problem Diagnosis for Cantaloupe (continued)

What the Problem Looks Like	Probable Cause	Comments
Leaves turn yellow. Honeydew or sooty mold present. Clouds of tiny white insects fly up when plant is disturbed	Whiteflies	Remove infested plants as quickly as possible. Remove lower, infested leaves of
Coarse, white stippling on upper surface of leaves. Leaves may turn brown.	Leafhoppers	
Blotches or tunnels on leaves	Leafminers	
Angular necrotic areas on leaves.	Angular leafspot (caused by bacterium that spreads in water)	Avoid wetting foliage with irrigation water.
Swelling, beads on roots. Wilted plants. Poor yields	Nematodes	Rotate crops. Use soil solarization techniques
Holes chewed in leaves Scarring of runners, young fruit, and crown. Wilting. Beetles are visible.	Cucumber beetles (Beetles are yellow-green with black stripes or spots.)	Use pyrethrins
Leaves have small specks that turn yellow, then brown. Vines wilt from point of attack to end of vine.	Squash bug	Trap adults beneath boards in spring. Turn over boards in a.m. and kill bugs. Pick off. adults, young, egg masses
White, powdery spots on leaves and stems. Spots may enlarge and completely cover leaf. Defoliation may occur. Yields reduced.	Powdery mildew (Spores of powdery mildew fungus are spread by wind and air currents.)	Disease is less severe in hot, dry weather. Use resistant varieties. Dusting with sulfur can be effective. Remove old plant debris.
Yellow spots on upper leaf surfaces. Grayish, fuzzy growth on undersides of spots.	Downy mildew (caused by fungus disease)	Use resistant varieties. Remove old plant debris.

Problem Diagnosis for Cantaloupe (continued)

What the Problem <u>Looks Like</u>	Probable Cause	Comments
Stunted plants, small leaves with irregularly shaped light and dark spots (mottled). Yields reduced	Mosaic virus (transmitted by aphids)	Remove infected plants as soon as detected. Control aphids. Control weeds. Aluminum foil is effective as soil mulch to reduce infection Deformed fruit is edible.
Poor fruit set	Insufficient pollination Lack of bee pollinators	Hand-pollinate using artists paintbrush if you have too few bee pollinators. Bee activity may be low due to cool weather or insecticides.
Misshapen or bitter fruit	Inadequate pollination Dry soil or high temperatures Poor soil fertility	See comments above. Supply water. Get soil tested.
Poor flavor Lack of sweetness	Poor soil fertility Low potassium, magnesium or boron.	Get soil tested and adjust fertilizer.
Plants wilt and die, beginning with older crown leaves. Light brown streaks occur inside lower stem, runners and root. Visible when split lengthwise.	Verticillium wilt (caused by <i>Verticillium</i> fungus)	Rotate. Avoid soil previously planted in potatoes, peppers, eggplant, tomatoes, and cucurbits.
Plants wilt suddenly. Roots rot.	Sudden wilt (Caused by <i>Pythium</i> fungus)	Avoid water stress after fruit set. Avoid wetting soil to the crown. Improve drainage. Plant on raised beds.
Runners turn yellow and will. Entire plant collapses. One-sided brown lesion may form on affected runner for 1 - 2 ft.	Fusarium wilt (caused by <i>Fusarium</i> fungus)	Use resistant varieties. Rotate out of cantaloupe for 5 years.

Problem Diagnosis for Cantaloupe (continued)

What the Problem Looks Like	Probable Cause	Comments
Water-soaked, sunken, brown or black spot on fruit not restricted to blossom end	Belly rot	Rotate crops. improve drainage. Stake or cage to keep fruit off ground.
Excessive vegetative growth	Planting too close together	Increase plant spacing.