



DESCRIPTION

Light green with a white juicy pulp that contains black edible seeds. Extremely sweet flavour.

NUTRIENTS/ BENEFITS

Phosphorus, Vitamin C, Calcium, Iron.
Combats gastritis and has a laxative effect.

PREPARATION/USES

- Cut vertically in two halves and spoon out.
- Fruit salads
- Green salad topping.

WHEN TO EAT

When skin is yellow or a bit green.
Chill before consuming.

HANDLING

Keep refrigerated.