

Snoboy Knows



Kiwano Melon

The horned melon is a very alien-like fruit, but not just for its appearance. It was also featured in an episode of *Star Trek: Deep Space Nine* as the Golana Melon from the planet *Golana*.

Availability & Origin

Horned melons are available year-round, you just have to know where to find them. February through August, they are grown in New Zealand. From September to November, we get them from California. Chile grows them from November through February.

Appearance & Flavor

"Alien" is right. These fruits are spiked and are bright yellow and orange. If the spines weren't enough, they are also filled with green jelly-like flesh and small, white seeds. The taste is described as sweet and tart with a hint of cucumber. When picking them out, select melons that have firm, undamaged spikes and no soft spots or bruises. These fruits are edible all around; from the shell to the flesh to the seeds.

Storage

When they're ripe, they will turn a deep orange and that means that you must eat it within a few days. Do not refrigerate them.

Ways to Enjoy

While many eat them raw, these melons also make great additions to sorbets, fruit salads, dressings, and sauces. Get creative by using the hollowed shells to present other foods. Want to serve some game-changing salsa this summer? Try [this](#).

History

Originally grown in Africa, the horned melon was introduced to New Zealand in the 1930s. New Zealand decided on a new name for the fruit—Kiwano Melon—and they went on to trademark that name.

