

The Cucamelon!

The Cucamelon, or *Melothira scabra* also goes by the names mouse melon, Mexican miniature watermelon (sandita) or pequinos it belongs to the same plant family as cucumbers, watermelons and squashes. It is native to Central and South America where it grows in forests and other thickly vegetated areas.

Cucamelons are a nutritionally dense food, meaning they contain lots of vitamins and minerals in a single serving. Vitamins C, E and K as well as antioxidants lycopene and beta-carotene and the mineral potassium are all packaged into these mini melons! See the nutrient spotlight below for more info on that ever important vitamin C.

So, what does a cucamelon taste like? Imagine taking a bite of an extra juicy cucumber and you will get the idea. But for the best idea, try one for yourself!



Nutrient Spotlight of the Week!

Hi! My name is: Vitamin C

I was discovered in: 1912

Things I do well: help our bodies repair wounds like a scraped knee. I can also help our bodies when we are fighting a cold, making it go away sooner if there is enough Vitamin C in our bodies.

Something interesting about me: Many animals can make their own Vitamin C, but animals like humans, monkeys and bats must eat foods high in Vitamin C in order to have enough in their bodies to prevent illness.

My favorite hobby is: preventing scurvy ARRR!

What is scurvy? Scurvy is a disease that occurs when our bodies have too little Vitamin C.

It can be serious and was known to affect sailors whose diets at sea were low in fresh fruits and vegetables. In 1747 a British Royal Navy surgeon, James Lind discovered that feeding sailors lemon juice helped to prevent scurvy. It would take almost 200 years for scientists to discover that the high concentration of Vitamin C in lemon juice is what was responsible for preventing scurvy.