

【Winter Melon】 Perfect for soups and simmered dishes

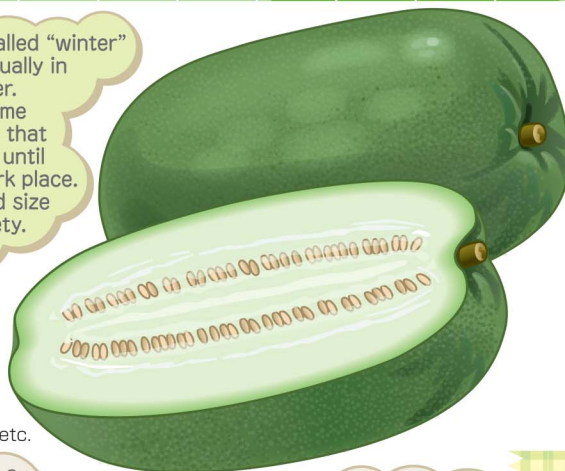
Now in
season

Mar. Apr. May. Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



Although they are called “winter” melons, they are actually in season in the summer. It is said that the name comes from the fact that they can be preserved until winter in a cold and dark place. They vary in shape and size depending on the variety.

Some varieties can even weigh as much as 1.5 kilograms!



Nutritional Content



● Vitamin C, dietary fiber, potassium, calcium, etc.

They contain vitamin C, which increases immunity and resistance to stress, and potassium, which regulates water in the body along with sodium!

Main reference websites: “Nutrition and Benefits of Winter Melon,” olive-hitomawashi / “Winter Melon: Seasonal Vegetable in Summer and Autumn,” JA Group Torestate Daihyakka (Encyclopedia of seasonal food) / “Food Calorie Calculator and Nutrition Information,” Calorie Slism
Reference: “Nutrition Encyclopedia for Healthy Daily Living,” NHK Publishing, Nov. 2022



If you peel their green skin so that just a little green remains, it will turn light green like jade when cooked.

They are known to go well with various seasonings and ingredients!



How to Choose

- If bought whole, they should be heavy and bright green.
- Cut melons should be juicy and have white cross sections, with their seeds and surrounding cotton-like flesh packed tightly.



How to Store

- If whole, keep somewhere cool and well-ventilated.
- If cut, remove the seeds and cotton-like flesh, wrap in plastic wrap, and store in the refrigerator.



Recommended Dishes



Winter Melon and Chicken Soup



Simmered Winter Melon and Pork Belly

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website
(English version)!

The website is available in English. Please be sure to read it.



Click “English”
at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

