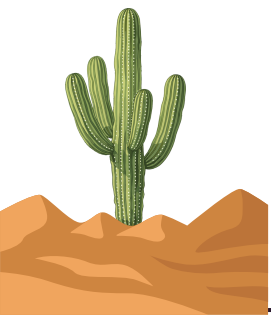


Horned Kiwano Melon

Look: Horned Kiwano Melons are a bright yellow to orange color when they are at their ripest. The flesh has many cream colored seeds in an emerald green jelly-like liquid.

Taste: The flesh and seeds have a very mild, subtly sweet, and tangy flavor with a taste between banana, lime, and passionfruit. The rind, seeds, and flesh are edible.

Touch: The Horned Kiwano Melon's rind is thick, leathery, semi shiny and firm. It is covered in small, raised spines that protrude from all angles. The green liquid flesh has a sticky consistency.



Native to Africa, the Horned Kiwano Melon has been a source of food and water for thousands of years in the Kalahari Desert.



Did you know?

Kiwano Melons are part of the cucumber and melon family!



Health Benefits

	High water content
	Rich in Vitamin C, Vitamin A, and antioxidants.
	Iron
	Calcium
	Zinc