

## Chapter 1 : Eyes as Big as Plates by Karoline Hjorth & Riitta Ikonen â€” Kickstarter

*Eyes as big as cantaloupes: An irreverent look at TV [Don Freeman] on calendrierdelascience.com \*FREE\* shipping on qualifying offers. In this far-ranging look at television, Don Freeman is often biting and always lively and entertaining.*

Each character inhabits the landscape in wearable sculptures made from natural materials. Research into local and national folklore inspired our initial ideas. Part sculpture, part installation and part photography, we come up with one image from two heads and create it with our different complementing skills. Karoline is the photographer in this duo while Riitta works mainly with the creation of the wearable sculptures in the images. We work together from beginning to the end of the process. Attitude with knowledge, life experience and stamina are some of the main traits we have found amongst all our collaborators, as well as a formidable curiosity for new experiences. As the project continues to cross borders, it also aims to rediscover a demographic group too often labeled as marginalized, and generate new perspectives on who we are and where we belong. All the collaborators are actively taking part in shaping the final outcome. Only after we get to know the model and seeing the shoot location does the material for the wearable sculpture emerge. Starting out as a play on characters from Nordic folklore and the personifications of nature in the lore, we wanted to find out what kind of connection the Norwegians had with their rocks, fjords and hills. Our Eyes as Big as Plates images aim to capture our belonging to nature in a similarly approachable language. Initial sketches for photographs and the wearable costumes. The series is produced in collaboration with retired farmers, fishermen, zoologists, plumbers, opera singers, housewives, artists, academics and ninety-year-old parachutists. These are people we meet through friends, relatives and newspaper ads, in hardware stores, noodle bars, indoor gardening society meetings, swimming pools, senior centers, on the city streets etc. The title Eyes as big as Plates is inspired by characters from Scandinavian folklore and is a tribute to imagination and curiosity. The title refers specifically to two Scandinavian folktales featuring a goat and a dog with eyes the size of plates. Each image in the series presents a solitary figure in a landscape, dressed in elements from surroundings that indicate neither time nor place. Nature acts as both content and context and the characters literally inhabit the landscape wearing sculptures made in collaboration with the two of us. Most of our models are excited to see themselves turn into something different, something more than themselves. Most importantly it is the individual that comes through in the images. The project website has over [More press on the Eyes as Big as Plates site](#). We have a long list of people to thank for their hospitality, spare rooms, production support, guidance, translation help, rental car services, exhibition rooms, rhubarb bushes and impressive stamina. We look forward to including the complete list of supporters in the finished book, perhaps it will also include your name! The book More than 50 portraits, countless film rolls, spools of wire, kilos of moss, seaweed, sticks and spectacular nature - only a book could contain all of this. To strengthen the dynamics between the artistic process and the resulting photographic works, the structure of the book will reflect the organic development of the project: We have had the honour of meeting and portraying over 50 inspiring seniors from ten different countries and we now want to share the stories, meetings, journey and final works in a sparkling new international publication. See us in action in the video at the top of this page! A beautiful, well-crafted, hardcover book that is sustainable both with the printing practices and the choice of paper. Eyes as Big as Plates will be a fully independent production, with every part of it made only a train-ride away so that we can oversee the entire process in Oslo and Gothenburg. There is also a very special Granny Deluxe Package and artist talks. Join us in making this happen! The production will be local so that we can have a good open dialogue with all our partners from design to printing, editing, shipping, repro and distribution. We have cleared space and time in our calendars to make all this happen and when the challenges of this campaign are met, there will be a book published in December. If there are to be any delays, they will be minimal, since all stages of the process are being overseen by us and our close associates mums, dads, sisters, brothers, uncles, aunts, grannies and grandpas have all been recruited. Questions about this project?

## Chapter 2 : 25 Varieties of Melons (with Pictures)

*Free Download Eyes As Big As Cantaloupes An Irreverent Look At Tv Book PDF Keywords Free Download Eyes As Big As Cantaloupes An Irreverent Look At Tv Book PDF, read, reading book, free, download, book, ebook, books, ebooks, manual.*

Professor of American Studies and History; Director of the Ethnicity, Race, and Migration Program, Yale University Congressman King, Cantaloupe Calves and Drug Mules King took his most recent anti-immigrant comments about undocumented youth straight from an old-school xenophobic playbook, and Americans interested in the immigration debate should understand the extent to which the Congressman has plagiarized the past. King took his most recent anti-immigrant comments about undocumented youth straight from an old-school xenophobic playbook, and Americans interested in the immigration debate should understand the extent to which the Congressman has plagiarized the past. Some of them are valedictorians -- and their parents brought them in. Along with others who oppose comprehensive immigration reform in the U. These DREAMers pale in the shadow of their fellow Mexican DRUGGies, King now insists, and we should all be far more concerned about the spectre of criminals and smugglers, strong ones with cantalouped calves, who threaten us all. They are the real immigrants. Declarations similar to those made by the Iowa Congressman have been echoed again and again by policymakers over the last century. As historians have shown, politicians from the s forward justified their arguments against Mexican immigrants by likening that population to hardened criminals, and by suggesting that stopping immigrants at the border, or deporting them, would be critical to halting the cross-border trade in alcohol and illicit drugs. There could be no mistaking these immigrants for productive citizens-to-be. Their criminality demanded a vigorous and well-funded response from law enforcement officials, and both local and national policymakers cooperated with enthusiasm. Journalists encouraged the deportation of immigrants who threatened the young and old. There have been murders, burglaries, robberies and much pilferage. Federal spending meant to regulate the U. By the s many U. Border Patrol agents assumed that all immigrants who ran from enforcement officials were drug smugglers and not simply terrified border-crossers escaping detention. Immigrants experienced new forms of violence thanks to the cooperation of well-armed immigration officers and drug enforcement agents, as when in a Border Patrol officer twice shot a suspected drug smuggler in Nogales in the back with a high-powered rifle. South, along with the racialization of Mexicans as a criminal class. Arizona Governor Jan Brewer joined the old chorus when she claimed that "the majority of illegal trespassers" arriving in her state were in fact drug mules. First, pundits and others would do well to see these declarations as neither fair, nor particularly interesting, nor original, following the lead of immigrants and their advocates who have recognized them as such. The drawing of dehumanizing parallels between Latinos and animals. In recent years anti-immigrant policymakers have seemed eager to outdo one another in this regard, disagreeing only about which critter best embodies the negative qualities they associate with recently-arrived immigrants. For Representative King, as for many racists of the 19th century, Mexicans and others should be understood as dogs, a fact for which he refused to apologize in a conversation with Univision news anchor Jorge Ramos this week; for Tennessee state lawmaker Curry Todd, undocumented immigrants seem like unwanted "rats [who] multiply" in the United States; for Kansas state representative Virgil Peck, immigrants are feral pigs running loose on the land, wild and dirty animals whom Peck suggested might be shot down by armed men in helicopters. His comments deserve scrutiny and critique, to be sure, but it seems critical to recognize the more important and instructive stories happening elsewhere: In California, where immigrants protested the appointment of former Department of Homeland Security head Janet Napolitano as president of the University of California system; in Arizona, where DREAMers launched a fast to draw further attention to the need for immigration reform; in other major cities of the United States, where immigrants and others rallied in large numbers; or in Washington, D. It has never seemed more clear that Congressman King has much to learn from, and much to learn about, these young Americans.

**Chapter 3 : List of works | Eyes as Big as Plates**

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

Great Source of Antioxidants Vitamin A and Vitamin C Thanks to its high supply of antioxidants vitamin A and vitamin C in the form of ascorbic acid, cantaloupe nutrition helps to stop free radical damage by battling oxidative stress in the body. And because it contains both of these carotenoids, it also contains some of their derivatives including lutein, beta-cryptoxanthin and zeaxanthin. A growing body of literature exists regarding the effects of these antioxidants and other carotenoids on chronic diseases in humans, especially related to how they can reduce dangerous inflammation. Fights Cancer with Powerful Phytochemicals Cantaloupe is a rich source of antioxidant flavonoids such as beta-carotene, lutein, zea-xanthin and cryptoxanthin. These antioxidants have a protective role in the body and the ability to protect cells and other structures from DNA damage and stresses caused by free radicals. For this reason, studies have shown that cantaloupe can be useful in preventing colon, prostate, breast, endometrial, lung, and pancreatic cancer. These helpful chemical pheromones exist naturally in plants in order to protect the plants from external damage, but they also do the same within the human body. Cucurbitacins for example repeatedly show anti-cancer activities within the body when studied, ranging from anti-proliferation, cell cycle arrest, and cell apoptosis. Including 5 or more fruits and vegetables in your diet everyday can help protect from lung, colon, prostate, and oral cavity cancers because of these positive protective effects. Contains Anti-inflammatory Properties Studies have shown that in experiments lower levels of C-reactive protein CRP are present within the bloodstream of people who have particularly high intakes of cantaloupe and other fruits. Since CRP is a marker widely used to assess levels of inflammation in the body, this shows positive results for cantaloupe stopping dangerous inflammation and autoimmune responses that can lead to disease. The anti-inflammatory benefits of cantaloupe nutrition stem back to its cucurbitacins, including cucurbitacin B and cucurbitacin E. These are two known anti-inflammatory compounds which can effectively alleviate pain and symptoms caused by inflammatory diseases. May Help Prevent Heart Disease Heart disease, including atherosclerosis, is often attributed to high levels of inflammation as one of the leading causes. Many heart-related problems like high cholesterol, high blood pressure , and a risk for heart attack or stroke start out with chronic unwanted inflammation and chronic oxidative stress. In fact plants belonging to these Cucurbitaceae species, which cantaloupe does, have been used as folk medicines in some countries for hundreds of years because of their wide spectrum of pharmacological activities such as reducing inflammation and the risk for heart disease and cancer. Boosts Immunity The carotenes and antioxidants found in cantaloupe help to boost the immune system and to prevent infections. Studies suggest that beta-carotene may enhance immune cell function and this is the reason why it is so useful in combatting not only common illnesses, but serious conditions like cancer too. Potassium is an important component of cell and body fluids. It helps to control a normal heart rate and to regulate healthy blood pressure. It also offers protection against heart disease, stroke, and other problems because of its importance in regulating heart and cell function. Additionally, the potassium found in cantaloupe is an important nutrient for athletes or those who are especially active. Potassium is considered a vasodilator because it releases the tension of blood vessels and helps increase blood flow. This allows for quicker muscle recovery and reduced stress on the body as you build muscle, strength and endurance. Protects Eye Health Cantaloupe nutrition supplies important nutrients that play a vital role in protecting eye health including beta carotene, Vitamin A, Vitamin C , lutein, and zeaxanthin. And other studies show that carotenoids help to retard some of the destructive processes in the retina and the retinal pigment lining which lead to age-related macular degeneration. Protects Skin Health Orange colored foods , including carrots, sweet potatoes, pumpkin and of course cantaloupe, are also high sources of cartenoids which can reduce skin cancer risk. They are also useful of relieving pain and damage associated with sunburns and preventing signs of aging on the skin including fine lines, discoloration, and wrinkles. Good for Digestion Cantaloupe is an especially hydrating

fruit, very high in water, as most types of melon are. Cantaloupe is made up of a high percentage of water, which the digestive tract needs to stay hydrated, to detoxify the body, and to properly expel toxins and waste out gut. This is helpful in relieving uncomfortable symptoms of bad digestion including bloating and swelling. Potassium acts as an electrolyte and promotes blood flow and hydration levels within the body, and allows oxygen to reach your cells. This means they are able to help bring the pH level of the body back to its natural level. Low in Calories and Help Support Weight Loss Cantaloupe contains only 60 calories per cup and is high in water and various nutrients, making a great addition to any weight loss plan. History of Cantaloupe Cantaloupe is a member of the Cucurbitaceae or gourd family. Some of the other popular fruits and vegetables that belong to this family include winter squash, pumpkin, cucumber, and gourds. You can see a common theme among many of these plants in that they have a deep orange or yellow color, which is an indication of their antioxidants, especially beta carotene. Cantaloupes are also of course a part of the melon family and are related to other plants including watermelon and honeydew melon. Cantaloupe, like other melons, grows on the ground in a vine that never moves far off the surface of the dirt. The types of melons known to be native to Africa also have relative plant species that have come from parts of Asia, including India or China, so it is not entirely known by researchers where cantaloupe first appeared. According to historical record, cantaloupe were first reported in the northern most part of Africa along the water, where they then moved up to the south shores of the Mediterranean nations. Cantaloupe have been enjoyed by people living in the Mediterranean and Middle East region for hundreds of years and are still used in many recipes in those areas today Today, nations including China, Turkey, Iran and Egypt are some of the major worldwide growers of cantaloupe, as is the United States. Other states that grow cantaloupe include Arizona, Colorado, Georgia, Indiana, and Texas Although cantaloupe is loved most for its sweet, soft insides, there are parts of the world where cantaloupe is just as popular for its seeds. Cantaloupe seeds are dried and consumed as snacks in parts of Central and South America, as well as in Asia and the Middle East. However they can commonly be found throughout most of the year, due to being grown in parts of the world where the climate is always warm. There are two common varieties of cantaloupe that are sold and eaten most around the world: The European cantaloupe is more green than orange, while the North American kind is the type usually sold in the US which has a deep orange color. There are many different types of hybrid cantaloupe melons that exist around the world in different marketplaces which combine elements from the two most popular varieties mentioned above. Because of this, cantaloupe can be found in many different sizes, colors, and tastes. In order to judge ripeness and taste of cantaloupe you can look for a few things: Without cracking into it, pick up the melon and check out its skin. You want to avoid one with many cracks and big spots of discoloration. Look under the webbing of the cantaloupe and see if there is any color coming through the webbing. For regular orange cantaloupes, avoid white look skin under the web-like texture on the surface. Look for one that feels heavy for its size and that has a clean rind. Weight means it has a better sugar and water content, which usually means a richer and sweeter fruit. Try the thump test—hold the melon in one hand off any surface and thump it or flick it with your fingers you can also tap it with your knuckle. Fresh fruit should smell like the fruit. Smell the skin or stem-side of the melon and make sure it smells like the fruit. It should have a subtle warm, sweet smell. At home, first wash the whole fruit in cold running water to get rid of dirt and potential bacteria. Most people skip this step, but it can be important to do before cutting into the fruit. Depending upon the way you want to use the cantaloupe and the size you desire, you can either cut cantaloupe into slices, cube it, or use an ice cream scoop or spoon to cut the cantaloupe into balls. Before cutting the melon you can simply store cantaloupes in a cool, well-ventilated place like the refrigerator or on your counter. However, once you cut into the cantaloupe, sections should be kept inside the refrigerator to prevent them from going bad or developing harmful salmonella bacteria. Using Cantaloupe in Recipes Fresh cantaloupe can be used in many different ways: There are so many ways to take advantage of its natural sweet warm flavor. Serve your grilled melon on a salad or as a delicious BBQ side dish! Try using cantaloupe in some of these recipes:

**Chapter 4 : Puffy Eyes - 8 Ways to Get Rid of Your Swollen Eyes**

*Provided to YouTube by The Orchard Enterprises Tears Big as Cantaloupes Â· Richard "Dimples" Fields Underground Oldies V. 10 - Rare and Hard to Find Soul Oldies â„— I.T.P. Records Released on.*

For normal puffy eyes that are not caused by other eye conditions, there are many ways to reduce the swelling. The following is a list of ways to treat puffy eyes: Wash face with ice cold water Ice or cold packs Increase vitamin and mineral intake Drink plenty of water to clean out your system If puffy eyes are caused by allergies, discontinue using the item that causes the allergic reaction; doctors may also provide shots or prescribe medication Cream for puffy eyes: Try a soothing eye cream with aloe and Vitamin E; also look into certain products such as Revitalume and Swanson Creams Vitamin K cream Eye masks to apply mild pressure to the eyelids at night You may have noticed that common cucumber and tea bag treatment methods are not mentioned here. This is because these items are not recommended by eye care professionals. Cucumbers are over 90 percent water, and the rest is mainly inert fiber. Although cucumbers do reduce puffy eyes, it is the coldness of the cucumber that does the trick, not the cucumber itself. Coldness is known to constrict blood vessels, which reduces the flow of fluid into soft tissues. Eye care professionals recommend using a washcloth dipped in cold water, which has the same effect. The reason cucumbers are not recommended is that food sometimes contains bacteria. Putting a possible bacteria source directly onto the eyes can lead to eye infections. The same is true of tea bags. Many people wonder if hemorrhoid cream is safe and effective for reducing puffy eyes. The truth is hemorrhoid cream contains ingredients that constrict the blood vessels, which can reduce swelling and puffiness temporarily. Hemorrhoid cream may do more harm than good, however, especially when used on the sensitive skin around the eyes or eyelids. Some hemorrhoid creams contain steroids, which can cause or worsen cataracts and glaucoma if used near the eyes. The eyes may also become irritated after using such creams. If your puffy eyes are due to an underlying eye condition, talk with your eye care professional about possible treatments to help reduce and prevent their occurrence. Someone suffering from severe allergies may benefit from prescription-strength antihistamines, while someone suffering from a skin disorder that is affecting the skin around the eyes may benefit from topical creams. Persons who suffer from diseases such as hypothyroidism may benefit from a daily dose of levothyroxine synthetic thyroid hormone. Again, talk with your doctor about possible causes and treatments for puffy eyes. Keeping your head elevated will also reduce the swelling around your eyes. Try not to lie down or keep your head in a position that increases blood flow to your eyes. Also, avoid rubbing your eyes, which will only cause the swelling to worsen. For persistent eye swelling, seek help from a medical professional. Typically, treating the underlying condition will reduce swelling in the eye. Eye swelling can be a sign of a serious problem. When the swelling is persistent, medical attention should be sought. Any time you receive a blow to the eye you should seek medical attention, even if there is no swelling. Seek medical attention immediately if the following symptoms accompany the eye swelling: Fever Swelling in face and neck areas Chills Redness around the eye Some of the above are symptoms of orbital cellulitis. Although orbital cellulitis is not as common a disease as conjunctivitis , it does have devastating effects. When left untreated, it can lead to very serious complications such as a blood infection or meningitis. If you are unable to drive yourself to the doctor, ask a relative or friend. If one is not available and you feel this is an emergency, call Never attempt to drive yourself when you are experiencing vision problems. There are several things you can do to prevent your eyes from becoming puffy. Tips to avoid puffy eyes include: Healthy eyes are usually resistant to such problems, and vitamins can help improve the condition of the skin, muscles, nerves, and blood vessels in and around the eyes. Use this chart to monitor your daily vitamin intake. Talk with your eye care professional or health care provider before increasing or decreasing your daily dosage of vitamins.

### Chapter 5 : Congressman King, Cantaloupe Calves and Drug Mules | HuffPost

*Eyes as Big as Plates wins gold in Norway's annual book award show: Årets vakreste BÅker ! Last night Grafill held its annual book award show, Årets vakreste BÅker in Oslo. The competition has been held since and is the only competition to honor the visual part of the book industry in Norway.*

If you gain lots of weight while trying to battle diabetes you will be together with many considerations. It is an awesome idea to attempt to slim down since that will help keep the sugar levels at a wholesome number. Cantaloupe And Diabetes My teen years however the memories are quiet different then the effects became evident. The infected toe and subsequent amputation. The doctor ordering him to retire in his 40s from being a job he loved to be a principal due to diabetes gains. Cantaloupe And Diabetes First the status-quo poobahs recommend an order of grains but most people particularly those with endocrine problems-which diabetes is-cant tolerate grains. Grains aint herpes simplex virus used turn out to be. Would you in order to avoid sweets but discover that you find it hard to? Have you crafted a decision stop foods with sugar in the past but found yourself unable stick to through? Are you ever over-indulge in a sweet item to the attachment site of embarrassment or feeling sick? Do you hide evidence of your crime? Does your mood or vitality change a person dont consume sugary? Does your mood or vitality change when sugar wears off? Are you find yourself obsessing around food item? If you answered yes to even a few of these questions or maybe are indeed addicted to sugar. Cantaloupe And Diabetes Hardly! Fluid that affects think so because for this fact that the acai berries are not seen much outside the Latin American continent. But in its native habitat the berry rrs incredibly commonly eaten by the locals. Moment has come even cultivated and this is a that processes and markets this fruit outside its local area is big business that is correct. These sugar free labeled products contain just as many calories carbohydrates and fats for the products they replace.

**Chapter 6 : US Payments Forum eyes contactless cards as the next big thing | Mobile Payments Today**

*They have plenty of relatives - one big happy family. - Not only do they taste good, they also fight against lung and oral cavity cancers. - Because cantaloupes are high in Vitamin A, they help maintain good eye health.*

Related Melon is a delicious fruit packed with nutrition. Containing niacin, vitamin A, B6, C, potassium and their high water content, make it an excellence diuretic. Many species of melons are found, but they belong to four genera: Momordica, Benincasa, Citrulus, and Cucumis. Melons are usually fresh consumed, or used in juice, desserts, fruit salads, or custards. Melons are also comes in varieties. Here are the lists of melon varieties: Watermelon Types of melon " Watermelon. It has a thick green skin along with a yellow, red, or orange fleshy center. Watermelon has rich in water content. They can grow into maximum around 90 kg. It is one of the most popular types of melons. Cantaloupe Melon Types of melon " Cantaloupe Melon. Cantaloupe usually served as a fruit salad, a dessert with ice cream or custard. Its size ranges from g to 5 kg. Horned Melon Types of melon " Horned Melon. The taste is tart-like, a combination between and zucchini and cucumber. It has lime-green flesh and yellow-orange skin. This variety is very popular. Honeydew Types of melon " Honeydew Melon. Honeydew is popular well known fruit as a dessert ingredient. Its color is pale green and has a very smooth skin. The shape is round, sometimes oval, weighing from 1. Gac Types of melon " Gac Melon. Wikipedia This is the Southeast Asian primary fruit. Unfortunately, Gac has limited stock due to their short harvest season. Gac also has high nutrients that are famous beyond Asia. Bitter Melon Types of melon " Bitter Melon. It is originated in Indian subcontinent. Bitter melon is vine grown in Carribbean, Africa and Asia. It has a very bitter taste, usually eaten as vegetable. It originated in Southeast Asia. It has very large fruits. They can grow up to 85 cm long. Winter melon is cultivated in South and East part of Asia nowadays. Sprite Melon Types of melon " Sprite Melon. Wikipedia Japan is the birthplace of this variety. It contains seeds and has a round shape. It has ivory skin and color. Sprite Melon develops brown markings when ripe. Korean melon is smaller than the other melons. It has white color flesh and unique flavor. The outer skin is yellow and white stripes along its length. It can be eaten at once. It is a huge and bright yellow melon. It has elongated shape with pale green or white flesh. The taste is prominently sweet. Bailan melon is very popular in China. It has similiarities in appearance with honeydew. It has a crisp and very sweet flesh. The skin is white but usually yellow or greenish as well. The taste is as sweet as cantaloupe. Ho, ho, ho, this variety is definitely suitable for your Christmas dinner. The shape of this melon is round, and the skin color is webbed green and yellow. The flesh of sky rocket melon is really sweet and fresh. The texture of this variety is chewy. Sky rocket melon need 65 days to be harvested. This delicious fruit is originated from Langkawi, Malaysia. The characteristics of Golden Langkawi Melon are from their golden skin, smoother skin surfaces unlike the other melon variety that have webbed skin. The shape of golden Langkawi melon is a little bit elliptical. The flesh texture of Golden Langkawi Melon is crunchier, high in sugar rate and rich in water content. This melon variety can weigh up to 3 kg. Another useful thing from this melon variety is, their short period of harvest time. Golden Langkawi Melon can also be planted in many plantation media such as pollybag and plastic pot so this melon variety can save up the space on your field. Apollo is a little bit similar with Golden Langkawi Melon but the difference can be distinguished from the skin surface. The skin on Apollo melon has webbed sketch and brighter color. The taste of this melon variety is also sweet, fresh, and fibreless texture. The water content inside Apollo melon is abundant. Therefore, this melon variety is also the most popular melon variety. The characteristic of Honey Globe melon is round, the skin color is green, and webbed skin surface. Honey Globe Melon can weigh up to 4 kg. The texture of this melon flesh is tender and chewable. Another advantage from this melon is their short period of plantation. The stem of Honey Globe melon is also strong enough to carry its fruit. However, this kind of melon needs a special treatment and preparation in order to get desired result. Autumn Sweet melon is fully round in shape weigh up to 1,3 kg. The skin surfaces of Autumn Sweet melon is golden yellow and the flesh is white. The taste of this melon variety is sweet and the texture is watery yet tender. The shape of Select Rocket melon is slightly similar with Sky Rocket. Select Rocket melon is usually planted if Sky Rocket is unavailable at the markets. Although they are

similar, some of the melon farmer said that Sky Rocket melon much more favorite rather than select rocket melon. Jade Dew melon has round in shape and weighs up to 2 kg. The skin surface of Jade Dew is semi-webbed and the color is greenish white. The flesh of Jade Dew melon is milky yellow in color and the taste is sweet and the texture is crunchy. Another useful aspect from Jade Dew melon is, this melon variety is resistance to various viruses and plant diseases. Jade Dew melon usually planted on highland. The skin surface of this melon variety is rough and it has yellow in color. The flesh of Golden Prize melon is fresh orange and the taste is sweet. The texture of Golden Prize melon is crunchy and succulent. The skin of Golden Prize melon is relatively thick and due to the skin thickness, this melon variety can be kept in some period of time. Therefore, Golden Prize melon is the favorite fruit especially for the exporter. Ten Me Types of melon

” Ten Me Melon This variety of melon is known as the most expensive and the highest quality among all of the melons. The weight of Ten Me melon can go up to 4 kg. The skin surface is white and yellow and smooth webbed skin. The flesh is thick, tender, fragrant and the taste is super duper sweet. The skin is yellow with thin web on it. The flesh is thick, orange colored, the taste is really sweet and the texture is crunchy. New Century melon is originated from Taiwan. This variety of melon is also resistance to viruses and plant diseases.

### Chapter 7 : Cantaloupe Nutrition, Benefits & How to Pick a Good Melon - Dr. Axe

*CANTALOUPE AND DIABETES ] The REAL cause of Diabetes (Recommended),Cantaloupe And Diabetes A diet diabetes type 2 can benefit people that this condition especially people that are plump. The following guide assistance you identify the truths and myths behind a diet plan for two diabetes diabetes.*

### Chapter 8 : Super Cantaloupe: Beautiful Red Color, Extra Sweet

*Buy Eyes As Big As Cantaloupes: An Irreverent Look at TV by Don Freeman (ISBN: ) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.*

### Chapter 9 : Eyes as Big as Plates

*A big serving of cantaloupe serves up a small number of calories and a huge amount of vitamin A, important for eye and lung health. Another great antioxidant, vitamin C, is also abundant in cantaloupe.*