



African horned cucumber, horned melon or jelly melon (English), 非洲角黄瓜 (fēi zhōu jiǎo huáng guā, Mandarin), gaka or gakachika (Southern Africa)



Kiwano

a taste of Africa on the Floridian table

Kiwano is an African fruit with horn-like spines and a refreshing jelly-like flesh.

It has been an important source of nutrition for desert-dwelling people in the southern region of Africa for thousands of years. The unique looking fruit has debuted in several American science fiction films, and the drought-hardy fruiting vine is gaining popularity among Florida gardeners because it produces abundantly in hot and dry weather.

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Tropical fruit including kiwano for sale in a market



KIWANO MELON MOCKTAIL

25
MINUTES
TOTAL

4
TOTAL
SERVINGS

INGREDIENTS

1/2 kiwano melon
3 mint leaves

1/2 ounce fresh squeezed
lemon juice (or about half a
lemon)
Ice cubes

DIRECTIONS

1. Slice Kiwano Melon in half. Take a knife and cut around the edges of the melon between the peel and the flesh. Use a spoon to scoop out the flesh and place in cocktail shaker. Set aside the melon half.
2. Add the mint leaves and shake vigorously.
3. Add lemon juice.
4. Shake with ice and strain in to melon half, or use a martini glass.
5. Garnish with lemon or kiwano slice.



FACTS

Kiwano has been a significant source of nutrition and hydration for the Khoisan people who live in the Kalahari desert. Because of their unique color and horned appearance, kiwano melons were featured as alien fruits with special powers in a Star Trek TV series and in a fruit bowl with Han Solo in the Star Wars bar scene.

Kiwano is rich in potassium, calcium, magnesium, and phosphorus. It also contains a small amount of protein, vitamin C, beta carotene, and vitamin A.

Recipe Adapted from Fruit Maven. 2010. Cocktail, Lemon, Melon, Recipe (fruitmaven.com)

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