



## **Summer Melon Fruit Salad with Wild Harvested Fruit Syrup**

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Colonial settlers brought melons to the Southwest and over generations have selected varieties for flavor and the ability to survive dry farming conditions. Many communities grow only their favorite varieties. Farmers from all over northern New Mexico bring delicious melons to the Santa Fe Farmers' Market every Summer. This recipe is cool and refreshing, and a particular favorite of mine. Experiment with other fruit syrups without added sugar.

### **Ingredients**

- **1 muskmelon or cantaloupe melon**
- **1 honeydew melon**
- **1/4 large watermelon or 1 small watermelon**
- **Mint leaves, for garnish**
- **1/2 cup Prickly Pear, Chokecherry or Wild Plum Syrup**

### **Instructions**

1. Cut the cantaloupe in half and scoop out the seeds. Turn cut side down and slice the skin away from the flesh with a sharp knife. Do the same with the honeydew. Cut cantaloupe and honeydew into 1-inch pieces and place in a medium to large bowl. Toss the fruits together.
2. Cut watermelon in half lengthwise. Turn cut side down and cut the skin away from the flesh. Slice the watermelon crosswise into 1/2-inch slices and from each half moon, cut 1 1/2-inch triangles, removing the seeds as you cut. (It's easier to remove seeds). Toss the watermelon with the other fruit.

Garnish with the mint leaves and serve with a drizzle of syrup.

*Three medium sized melons serve 12 as a salad or dessert.*