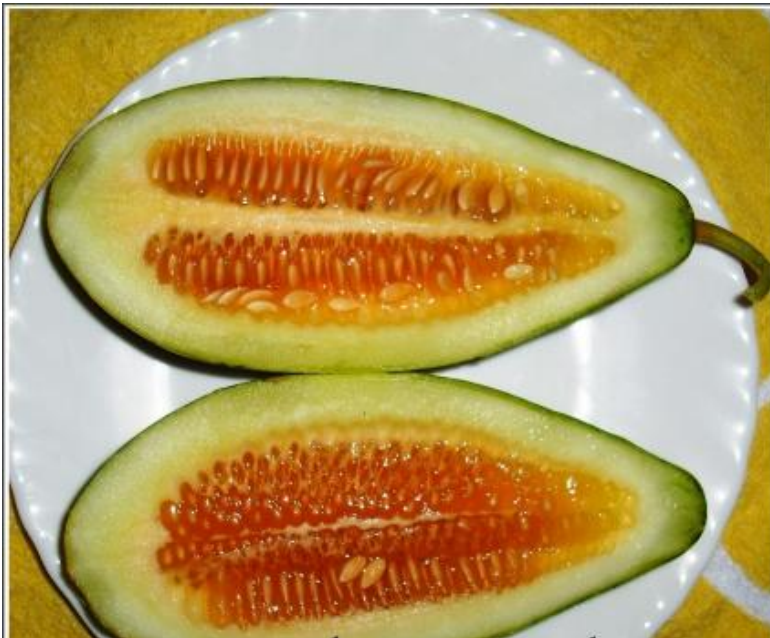


# TIMUN BETIK





Origin* (Pls check)	Commonly found in the Northern area and Perak, particularly along the riverine areas and Perak River Basin.
Description	There are two types of timun betik; green and off white in colour. The green melon taste better than the white one, which is blend like the honey dew family.
Growth Habitat	Grows well in sandy soil. .
Foliage	Creepers.

Flowers	Size is around 1cm.
Fruits	Around 1 foot or 8 inches long.
Propogation	Through seeds.
Harvest	Between 30 - 35 days. Best harvested when fully matured and eaten when the fruit cracks a little.
Nutritional Properties	Melons are great sources of vitamin C. They are also a good source of potassium and are low in calories, low in cholesterol and fat free.
Food Suggestion	Usually taken as cold dessert. Recipie as below :  Cut into cubes. Remove seeds. Prepare a bowl of coconut milk (or fresh milk) with palm sugar and a pinch of salt. Mix them together and chill in the refrigerator.
Some Thoughts...	This fruit is very cooling for the body. Used to be planted along in the padi fields by the farmers for them to consume especially during the harvesting period.