

Salad Days

The Coolest Salad Ever

(NAPSA)—On the most scorching days of summer, few things could be more satisfying than a juicy, cooling combination of gentle flavors and several shades of pale green. Toss together some ice-cold honeydew, cucumber and green grapes, and *voilà*—you'll have the perfect summer salve.

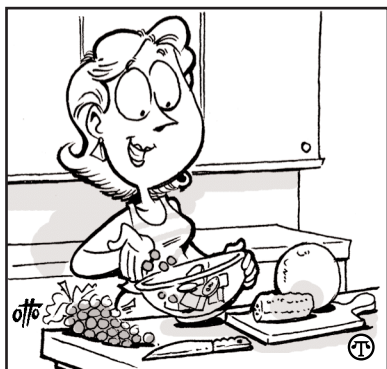
All three of these fruits (cucumber being a fruit, of course, because of its seeds) are easy to find in the produce section, often this time of year as Mexican imports.

Did You Know?

- Now is the perfect time to grab some grapes. During the long winter and early spring months, many grapes spend weeks in cold storage before they arrive in stores. During the sunny months of late spring and summer, fresh grapes from new harvests in the Mexican state of Sonora start popping up in grocery stores everywhere. The quality of these fresh grapes is notably higher than that of storage grapes—they're sweet and juicy, with lots of crunch. The freshest ones have brightly colored skin, a crisp texture and a full flavor.

- Honeydew originated in the Middle East. Food historians believe it's one of the oldest foods grown. One-tenth of a honeydew has 45 percent of the vitamin C needed in a day, with just 50 calories.

- Cucumbers have been cultivated for thousands of years. They are believed to come from India or Thailand. Choose firm ones with



Honeydew, cucumber and grapes combine in a salad that couldn't be more soothing.

smooth, brightly colored skins and mild, crisp flesh.

Juicy Green Fruit Salad

½ honeydew, seeds removed
1 cup green seedless grapes
such as Perlette, Sugraone
or Thompson, stems
removed

1 medium-sized cucumber
Juice of 2-3 limes

Place honeydew half cut-side down on a cutting board and slice off rind. Cut honeydew into small cubes and place in a large, chilled glass bowl. Halve grapes and add to bowl. Peel cucumber; slice in half lengthwise and scoop out seeds, using a spoon. Slice into small half-circles and add to bowl. Squeeze generously with lime juice and toss. Serves 8 to 10.