

Cut fruit lengthwise, scraping seeds from the middle of the fruit into a bowl.

Separate seeds from pulp and remove red gel. Rinse thoroughly.

Dry on a coffee filter, screen or paper plate.

When stored in an airtight container, bitter melon seeds are viable for 4-5 years.

Do not store these seeds in the refrigerator or freezer.

## CREDITS

<http://www.evergreenseeds.com/bitgourhonko.html>

<https://www.seedsavers.org/department/vegetable-seeds>

Dish: <https://www.ytower.com.tw/recipe/iframe-recipe.asp?seq=F04-0555>

Mature on vine: [https://commons.wikimedia.org/wiki/File:Momordica\\_charantia\\_006.JPG](https://commons.wikimedia.org/wiki/File:Momordica_charantia_006.JPG)

Seeds: <https://jerry-coleby-williams.net/2014/10/04/paddy-to-plate-gardeners-and-gourmets-to-tour-vietnam-2015/bitter-melon-seed-momordica-charantia-1/>



# BITTER MELON

“Hong Kong Green”

(*Momordica charantia*)



## RPLMN.ORG/SEED

Plan a seed.

Backyard Bounty Urban Homesteading Meetup

History Center  
of Olmsted County



Rochester Area Foundation

we365 Give

UNIVERSITY OF MINNESOTA  
EXTENSION



Rochester Public Library

101 Second Street SE, Rochester, MN 55904  
507.328.2309 | [www.rplmn.org](http://www.rplmn.org)

## HOW TO GROW



Start seeds indoors, 10-12 weeks before last frost. Plant seeds 1 inch deep in potting soil. Keep soil moist in an area that receives full sun or under grow lights.

Harden-off plants before transplanting. To do this, move plants outdoors for a portion of the day to gradually introduce them to direct sunlight and cooler temperatures.

Plant outside after danger of frost has passed, and soil is 50°F.

Trellising is the preferred method of growing bitter melon vines which can grow 10 feet or more.

## HOW TO HARVEST

Bitter melon requires a very long growing season - harvest the dark green spindle-shaped fruits when they are 8-10 inches long, about 115-120 days from planting. Fruits weigh about 1 pound each.

## HOW TO EAT

Cut fruits in half lengthwise and remove white pith and seeds with a spoon.

To reduce the bitterness before cooking, salt the melon and wait 20-30 minutes before rinsing thoroughly.

Slice the melon for sautés and stir-fries. Bitter melon can also be added to drinks.

The red pulp around the seeds is very sweet and can be eaten.

Bitter melon is highly medicinal and nutritious.



## HOW TO SAVE SEED

**RATING: EASY**

Bitter Melon is an annual and insect pollinated.

Cross-pollination will not be an issue if only growing one variety of bitter melon.

Seeds from bitter melon are not ready to be harvested when the fruit is ready to eat.

To collect mature seed, allow some fruits to mature on the vine until they turn yellow-orange and the fruit begins to open on the bottom, exposing its red-gel coated seeds.

