



Cantaloupe





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SHOPPER'S TIPS

- Look for well-shaped cantaloupe with a sweet smell. They should feel heavy for their size and give slightly to gentle pressure near the stem end.
- Avoid dark green cantaloupe that feel hard and have no smell. If it has any super soft spots, it is over ripe.

FUN FACTS!

- Cantaloupe are also known as netted melons because of the net-like markings on their skins.
- Cantaloupe were first grown by the ancient Egyptians and Romans.

WHAT IS IN IT FOR YOU?

One cup of cubed cantaloupe is:

- An excellent source of vitamin A and vitamin C.
- A source of potassium.

SERVING IDEAS

- Cut cantaloupe into wedges and serve for dessert or a light snack.
- Blend lowfat yogurt, chopped cantaloupe, frozen strawberries, and a banana. Pour into paper cups and insert plastic spoons. Freeze for several hours for a light and healthy fruit pop.

PEAK SEASON

California grown varieties, available from late spring to early fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store ripe cantaloupe in the refrigerator for up to one week. Wrap cut cantaloupe and store in the refrigerator for up to two days. Keep firm cantaloupe at room temperature until ripe.