

CANTALOUPE

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GREATER
CHICAGO
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Cantaloupe melons are in the same family as squash. Other popular melons include watermelon and honeydew.
- Select cantaloupe that are free of cracks or bruises and are slightly soft to the touch.
- Allow cantaloupes to sit at room temperature for 2-3 days to increase juiciness.
- 1 cup of cubed cantaloupe contains:
 - 120% of your recommended daily value of vitamin A to maintain eye and skin health and to protect the body against infections.
 - 108% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.



PREPARE

Cut ripe cantaloupe in half and remove seeds. Slice into sections and remove rind. The rind is edible.

Try cantaloupe:

- *Cubed* as part of a fruit salad
- *Blended* into a smoothie
- *Chopped* with onion, cilantro and lime for a refreshing salsa
- *Pureed* and frozen into popsicles

STORE

- Store melon at room temperature until somewhat soft, about 1 week.
- To refrigerate: Cut ripe melon and store for up to 5 days.
- To freeze: Cut ripe cantaloupe and freeze in a plastic bag for up to 1 year.