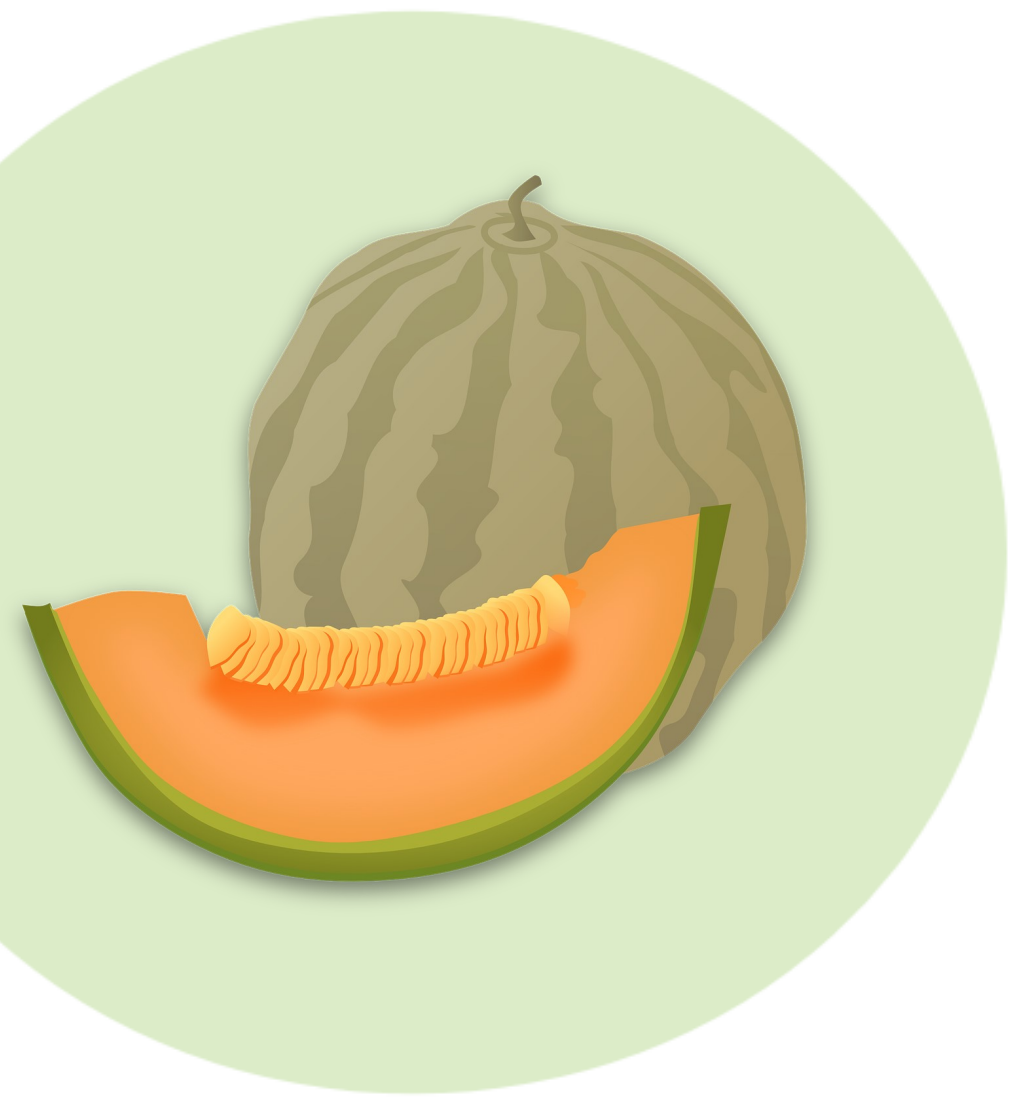


CANTALOUPE

This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).



GENERAL INFORMATION

Did you know: Cantaloupes grow on a vine. Another name for cantaloupe is muskmelon. California leads the nation in cantaloupe production.

In season: Summer. June through September.

Key nutrients: High in vitamin A, vitamin C, and a good source of folate.

HOW TO SHOP

What to look for: Choose fragrant, symmetrical cantaloupes, heavy for size with no visible bruises.

Methods of preparation: Rinse and scrub under cool running water. Pat dry and place on a clean cutting surface. Cut off the top and scoop out the seeds and slice however you would like it.

Storage: Store uncut cantaloupes at room temperature for up to 1 week. Refrigerate cut melon in airtight container up to 5 days.



RECIPE IDEAS

- **Melon soup.** Enjoy chilled cantaloupe puree with a hint of lime juice and mint.
- **Melon salsa.** Mix melon with finely diced red onion, fresh cilantro and a squeeze of lime juice.
- **Freeze it.** Make popsicles by pureeing cantaloupe with a little sugar and a splash of lime. Pour into molds and freeze.
- **Kebab it.** Thread cubes of melon on a skewer with other fruits.

