

Cantaloupe

Arkansas Grown

History

The cantaloupe that America is familiar with is a type of muskmelon. The muskmelon family includes honeydew, casaba, and Crenshaw. They originated in Persia and were cultivated by the ancient Egyptians, the Greeks and Romans, the Europeans, and finally, thanks to Christopher Columbus, by the inhabitants of the western hemisphere.

Storage Tips

- At room temperature it takes up to 4 days for melons to ripen. Melons are ethylene sensitive, so they ripen faster if stored with ethylene-producing fruit such as pears or bananas.
- Only refrigerate melons that have become too ripe or have been cut.
- Cut melons should be wrapped, and always taste better if they are brought to room temperature before eating.
- Keeping the seeds inside a cut melon will help keep it moist.
- Freezing cantaloupe is not recommended.

Nutrition Information

This food is low in saturated fat and sodium, and very low in cholesterol. It is also a good source of dietary fiber, Niacin, Vitamin B6 and Folate, and a very good source of Vitamin A, Vitamin C and Potassium.

1 cup, chopped cantaloupe

Calories: 60.2	Vitamin A: 120%
Fat: 0.3 g	Vitamin C: 108%
Carbohydrates: 15.6 g	Potassium: 14%
Sugars: 13.9 g	Sodium: 28.3 mg

Berry-Melon Summer Salad

- 1 cup lemon yogurt
- 1 tablespoon honey
- 1 teaspoon lemon juice
- 2 cups watermelon balls or chopped
- 2 cups cantaloupe balls or chopped
- 2 cups halved fresh strawberries or any berry of your choice

In a salad bowl, whisk together the lemon yogurt, honey, and lemon juice until smooth, and gently fold in the watermelon balls, cantaloupe balls, and strawberries. Toss to coat, and serve.

Cut out this recipe and glue it to a note card for future reference!



How to Pick Them

When choosing cantaloupe you first want to pick it up and look at the color. The lighter the color the better. You want to avoid ones that look too green. Then, check the side of the melon and press with your thumbs. It should have some give. Last, smell it. Cantaloupes should smell sweet but if it is too smelly, it could be overripe.



This item and others like it can be purchased with your EBT card at your local farmer's market or grocery store.