

FOOD FACTS

Cantaloupe



NUTRITION

- Cantaloupe is an excellent source of vitamin A and C.
- Vitamin A is important for your vision. It helps keep your eyes healthy so you can see; especially in the dark! Vitamin A is found in many foods that are orange in color.

DYK

- The name "cantaloupe" comes from the name of a town in Italy near Rome called Cantaloupo, where seeds were brought from Armenia and planted in the Papal gardens during the 1400-1500's.
- Cantaloupes are members of the cucurbit family of plants. This family also includes cucumbers, pumpkins, squash, and a long list of melons.
- Another name for cantaloupe is "muskmelon".
- Columbus brought cantaloupe to the Americas on his second voyage.

PREPARATION & STORAGE

- At the store, smell the bottom of the cantaloupe (also called the blossom end, opposite from the stem end). It should smell sweet if it is ready to eat.
- The melon should be tan or gold under the netting.
- Store uncut cantaloupes at room temperature for 1 week. Refrigerate cut melon in airtight container for 5 days.

Cantaloupe Salsa

Ingredients:

2 cups cantaloupe melon, diced
1/4 cup red onion diced
2 Tbsp Fresh cilantro chopped
1 fresh chile, seeded and diced
2 tablespoons fresh lime juice
Salt, to taste



1. Gather and combine ingredients in a medium bowl.
2. Refrigerate for at least 2 hours and enjoy.