

Harvest of the Month



August - Cantaloupes



Did You Know?

- Juicy and sweet without overwhelming the taste buds, the cantaloupe is the perfect fruit for hot weather.
- Cantaloupe is an excellent source of vitamin A, vitamin C, Fiber, Potassium, and vitamin K.
- Cantaloupes grow on a vine.
- Choose cantaloupes that smell sweet and fragrant and have a soft dent on the stem.
- They should feel heavy for their size.
- Stop whole cantaloupes on the counter, then cut up, and refrigerate.
- Best time to eat cantaloupes are July and August.
- Cantaloupes were first cultivated in Cantalupo, Italy in Europe.

Cantaloupe Cooler

Ingredients:

1 ripe cantaloupe
2 1/2 cups cold orange juice
1 tablespoons granulated sugar
Crushed ice

Directions:

Cut cantaloupe in half.
Scoop out seeds, remove rind, and discard.
Cut cantaloupe into 1-inch cubes.
In a blender or food processor, blend cubes with 1/2 cup orange juice until smooth.
Pour puree into a pitcher and stir in the remaining orange juice and the sugar. Stir until the sugar is dissolved.
Pour into glasses filled with crushed ice.



Fun Snack Ideas!

How To Eat Cantaloupes:

- ** Make a fruit salad! Cantaloupes are a great way to bulk up any bowl of mixed fruit.
- ** Top low-fat yogurt or cottage cheese with cantaloupe for a snack or breakfast.
- ** Freeze cantaloupe chunks or balls for a cold snack on a hot day.
- ** Slice cantaloupe for a fun handheld snack or side.



Cantaloupe Jam

Ingredients:

Jam
1 cantaloupe melon
1 1/2 cups sugar
1/4 cup lemon juice
Pinch of salt

Crostini

1 baguette, cut into roughly 18 pieces
1 1/2 cups ricotta cheese
Flakey sea salt for serving



Directions:

Prep the melon by peeling and cutting into cubes. Place in a large pot with the sugar, lemon juice, and salt. Cook at a solid simmer/low boil until the mixture has thickened considerably and has a shiny sheen, about 30 minutes. The jam will continue to thicken as it cools.

Cut the baguette into 1" thick pieces and spread into a single layer on a sheet tray. Place under the broiler and toast unto golden. Flip and repeat. Use a watchful eye-this only takes a short time.

Divide the ricotta on top the toasted bread followed by a tablespoon of the jam. Finish with a sprinkle of sea salt and serve.

