



# Cantaloupe

*Also called "Muskmelon"*

- Cantaloupe belongs to the gourd family, which includes pumpkins and cucumbers. It is also a member of the melon family, like honeydew or watermelon.
- Cantaloupe is named after a village in Italy - *Cantalupo*.
- Cantaloupes are light brown on the outside and bright orange and juicy on the inside. Cantaloupes can weigh between 1 - 11 pounds.
- Cantaloupe is best used fresh. Can also be used for cold or frozen desserts/dishes.
- Cantaloupes grow on vines and only take about 90 days from seed to fruit.
- You should wash the outside of a cantaloupe well before cutting.