



Egyptians wrote about cantaloupes as far back as 2400 B.C. In later times, the Romans described the cultivation of cantaloupes. Gradually their popularity moved west, reaching France in the 1490s, and continued to spread into central and northern Europe. Today, most of the cantaloupes produced in the U.S. are grown in Arizona and California.



Blood oranges may have originated in the southern Mediterranean, where they have been grown since the 18th century. They are a common orange grown in Italy. The anthocyanins – which give the orange its distinct maroon color – will only develop when temperatures are low at night, as during the Mediterranean fall and winter.^[3] Blood oranges cultivated in the United States are in season from December to March (Texas), and from November to May (California).^[15]



Yellow squash are summer squash, which are the young fruit of *Cucurbita pepo* and members of the Cucurbitaceae family. They are a variety of marrow squash. Cantaloupe and cucumber also share in that family tree and are Cucurbits.

There are two “types” of squash: summer squash and winter squash. What is the difference? The short answer is, a winter squash is a squash that’s allowed to fully mature. The seeds fully mature and become hard, the skin becomes a lot thicker, and the flesh is dense— and these squashes typically (but not always) need to be

cooked before you eat them.