



# CANTALOUPE

## DID YOU KNOW?

- Cantaloupe is a type of melon with a hard, bumpy exterior and soft orange interior that is sweet and juicy.
- Cantaloupe is a good source of vitamin A, which helps to protect our eyes.
- Cantaloupe is a member of a vine-crop family known as Cucurbitaceae, which includes other melons, squash, cucumbers, pumpkins, and gourds.

## FUN FACT!

Cantaloupe derives its name from the town of Cantalupo, Italy, where cantaloupe seeds arrived from Armenia and were planted in the Papal Gardens in the 16th century.



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