



# PINEAPPLE & CANTALOUPE MIX

## DID YOU KNOW?

- Pineapples have the shape of a pinecone, and can reach up to 30 centimeters in length. They have a rough, waxy, hexagonal-patterned rind that is covered in small, soft spikes and topped with a compact grouping of narrow, green, pointed-tipped leaves that extend upright.
- Cantaloupe is a small round melon usually has a rough, prominent surface. When ripe, the pale orange flesh is very juicy and sweet.
- Cantaloupes are an excellent source of vitamin C to strengthen the immune system, vitamin A to maintain healthy organ functioning, and beta-carotene, the orange pigment found in the melon's flesh that provides antioxidant-like properties to protect the cells from free radical damage.

## FUN FACT!

Pineapples are believed to be native to South America, specifically inland areas of what is now Brazil and Paraguay. Cantaloupes are believed to be native to Persia and Western Asia and have been cultivated since ancient times.



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