

Harvest of the Month



September



Cantaloupe



Pick:

- Choose cantaloupes that are heavy for their size and have a sweet, fruity smell.
- Give the cantaloupe a gentle push with the thumb on the stem end of the melon. The melon should yield slightly to pressure.

Store:

- Unripe melons can be stored at room temperature until they ripen, then stored in the refrigerator until ready to use.
- Cut melon can be stored in the refrigerator and used within a couple of days.

Prepare:

- For food safety reasons, wash the outside of the cantaloupe before slicing.
- After washing, slice melon in half and remove seeds and pulp. Slice or dice as desired.

Nutrition Info

One cup cubed cantaloupe has 55 calories.

Cantaloupe provides folate and vitamins A & C.

Fun Facts

Cantaloupe was first grown by the ancient Egyptians and Romans!

Cantaloupe is called rockmelon in Australia.

Cantaloupes are related to watermelon, honeydew, cucumbers, pumpkins, and squash.

The largest fruit salad, according to the Guinness Book of World Records, weighed over 11,000 pounds and contained 1,200 pounds of cantaloupe.

Uses

Try a chilled melon soup. Enjoy chilled cantaloupe purée with a hint of lime juice and mint.

Make a cantaloupe cooler! Simply blend cantaloupe, strawberries and orange juice; serve chilled over ice.

Try a melon salsa. Mix a variety of cubed melons with finely chopped red onion, fresh cilantro and a squeeze of lime juice for a fresh salsa that also pairs well with chicken and seafood.

Family Friendly Activities

After you slice open a watermelon, allow your children to use an ice cream scooper or melon baller to scoop out the cantaloupe's flesh and create melon balls.

Take your children to the local farmers market and have them count the number of different types of fruit available.

Nutrition Facts

Serving Size 1 cup (175g)
Servings Per Container 4

Amount Per Serving

Calories 70 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 18g 6%

Dietary Fiber 1g 4%

Sugars 16g

Protein 1g

Vitamin A 50% • Vitamin C 70%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Refreshing Summer Fruit Salad

Serves 4 (1 cup per serving)

Ingredients:

- 1 ½ cups cantaloupe cubed
- 1 ½ cups watermelon, cubed
- 1 cup red grapes, halved
- 1/3 cup orange juice

Directions:

In a medium bowl, gently mix together fruit and orange juice.
Serve chilled.

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org

Color a
Cantaloupe!

