August Cantaloupe

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.

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.

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The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
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!