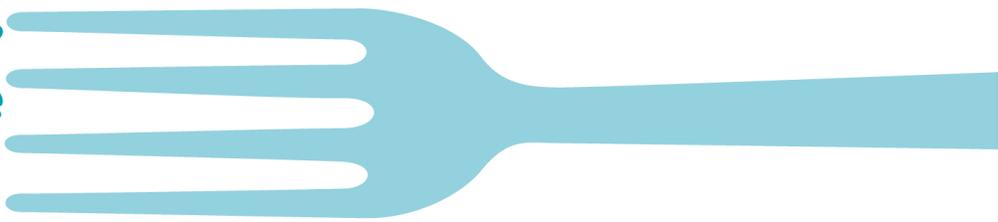


Harvest of the Month



August



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 and provides folate and vitamins A & C.

Fun Facts

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.

Family Friendly Activities

After you slice open a cantaloupe, 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 different types of fruits and vegetables available. Choose a few to bring home!

Farm2School Updates

While most of the schools in the Coulee Region are still preparing for the start of a new semester, Hamilton elementary is already back to school! In addition to featuring cantaloupe on the lunch menu at least twice this month, Hamilton elementary will also feature fresh produce harvested from their school garden on the salad bar. The garden is coordinated by Grow La Crosse!

Nutrition Facts

Serving Size (163g)
Servings Per Container 8

Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	
Vitamin A 45%	Vitamin C 50%
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

Cucumber Melon Salsa

Ingredients:

- 2 large English (seedless) cucumbers, finely diced
- 3 cups finely diced cantaloupe
- 1 Tbsp. olive oil
- ½ jalapeno pepper, seeded and minced
- 1 lime, juice and zest
- 1 small red onion, diced
- 1 roma tomato, diced
- 1 bunch cilantro, coarsely chopped
- salt and pepper to taste

Directions:

In a medium bowl, gently combine all ingredients. Cover the bowl and chill for at least 2 hours to allow flavors to blend.

For more information on Farm2School visit www.laxf2s.org.

Color a
Cantaloupe!

