



Kitchen Tips for Cantaloupe

MO Grown Produce

In Season in Missouri:	July - October
Quality:	Should be well netted with light green to turning yellow rind color. Avoid melons with damaged rinds. Check for ripeness by looking for the stem end to be hollowed inward. It should yield to light pressure and have a sweet, musky aroma.
Storage:	Store whole melons in refrigerator up to 5 days or at room temperature up to 2 days.
Food Safety:	Wash outer surface under cold running water and scrub with a clean produce brush before cutting. Do not keep cut cantaloupe more than 2 hours at room temperature or 7 days in refrigerator.
Yield:	For 50, ¼ cup servings, you need 8.75 pounds of fresh whole cantaloupe.
Preparation Tips:	<ul style="list-style-type: none">• Cut in half and remove seeds from center before cutting into bite sized pieces.• Use a scoop to make melon balls.
Kid-Friendly Serving Ideas:	<ul style="list-style-type: none">• Make fruit salad using cantaloupe, strawberries, peaches and other fruits as desired.• Puree cantaloupe with a splash of lime juice and freeze in molds to make popsicles.
Nutrition:	Cantaloupe is a melon that is a good source of antioxidants - vitamins A and C. Vitamin A also helps maintain eye health. Cantaloupe also contains potassium and fiber.

Fun Fact # 1:

Cantaloupe grows on a trailing vine that can grow up to 5 feet long.

Fun Fact # 2:

Honeybees pollinate the yellow flowers on cantaloupe plants. If the flowers are not well-pollinated, they may not produce fruit.

