



## Harvest of the Month

# Cantaloupe

### Nutrition Information

- The orange flesh of cantaloupe is rich in beta carotene, which provides vitamin A.
- Cantaloupe is a great source of potassium, as well as vitamins C and K.
- It's high in dietary fiber and contains folacin.

### Selection and Storage

- Look for oval, round, or oblong melons that are symmetrical and feel heavy for their size.
- Make sure there are no visible bruises, cracks, or soft spots on the cantaloupe.
- Check for ripeness, press gently on the blossom end of the melon; it should give slightly and have a fruity fragrance.
- Uncut cantaloupes can be stored at room temperature for up to 1 week.
- Once cut, store the melon in an airtight container in the refrigerator for up to 5 days.

### Fun Facts

- Egyptians documented cantaloupes as early as 2400 B.C.
- Cantaloupes belong to the gourd family.
- Another name for cantaloupe is muskmelon.
- The name "cantaloupe" originates from the Roman town of Cantalupo, where they were widely cultivated.
- On average, cantaloupes require 10-15 visits from bees for proper pollination and to grow large melons.





## Recipes

- [Knife Skills- Watermelon & Cantaloupe – Food Hero](#)
- [Fruit Salsa with Abby Cadabby - National CACFP Association](#)
- [Melon and Mint Salad - Food Hero](#)
- [Melon Cooler - Food Hero](#)
- [Cherry Salad - Food Hero](#)
- [Cantaloupe Melon Kabobs - University of Maryland Extension](#)
- [Spinach, Strawberry, and Cantaloupe Salad - University of Maryland Extension](#)
- [Cantaloupe Salsa - Arizona Healthzone](#)
- [Melon Melody - Massachusetts Farm to School](#)



## Educational Resources

- [Harvest for Healthy Kids](#) has fantastic activity kits for a variety of produce items, including melons. Activity kits include activity plans, picture cards in, teacher & family newsletters in English, Spanish and Russian, as well as recipes.
- [Melon Salad Activity – UCSD Center for Community Health](#)
- [Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care and Grow It, Try It, Like It! Nutrition Education Kit featuring MyPlate: Garden-themed nutrition education kit for children ages 3 through 5 years old.](#) You can request a free paper copy for your center on the [Team Nutrition webpage](#), while supplies last.

**For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**