



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](#)
- [Cantaloupe Fruit Salad | University of Maryland Extension](#)
- [Melon Mint Salad Recipe \(50, 100, 200, and 300 Servings\) - John C Stalker Institute of Food and Nutrition](#)
- [Spinach, Strawberry, and Cantaloupe Salad - University of Maryland Extension](#)
- [Melon Melody - Massachusetts Farm to School](#)



Educational Resources

- [Melon Madness – Oklahoma Farm to School](#)
- [Cantaloupe Corner – Agriculture in the Classroom](#)
- [Cantaloupe Commodity Fact Sheet – California Cantaloupe Advisory Board](#)
- [Melon -Newsletter for Parents - UCSD Center for Community Health](#)
- [Melon Newsletter for Educators - UCSD Center for Community Health](#)

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](#).