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# **CANTALOUPE**

## Types

There are two kinds of cantaloupe you will likely encounter.

**North American:** This is the most common type and is actually a muskmelon. It has a net-like skin covering and orange flesh, and is moderatley sweet.

**European:** This cantaloupe is lightly ribbed with gray-green skin and sweet flesh.

#### Selection Info

Choose a cantaloupe that is fragrant and that has a cream or yellowish undertone between the netting (the pattern on the outside skin). The stem end of the melon should give to a little pressure, but the stem should not be attached to the melon. Avoid any melon with a bruised exterior.

## Preparation

Cantaloupes and other summer melons are almost always eaten raw. Cantaloupe also can be grilled. **To Cut:** Use a large sturdy knife to cut the melon in half lengthwise. Use a large spoon to remove the seeds and strings. Cut each half into wedges. To dice, as for a fruit salad, carefully slice the flesh from the skin and chop each wedge of flesh into desired size.

**Grill:** Cut cantaloupe into wedges and remove the skin. Brush each wedge with oil and place on a grill at medium heat, turning over every few minutes for 10-12 minutes.

## Storage

Short-Term Storage: Whole, uncut melons will last in the refrigerator for a few weeks. Whole, uncut melons can be left on the counter for 5-15 days depending on ripeness. Once cut, you can refrigerate cantaloupe for about 5 days. Do not remove seed from the unused cut portion of cantaloupe until ready to use, because the seeds help maintain mositure.

**Long-Term Storage:** Cantaloupes aren't well suited for freezing or canning.



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## **MELON SALSA**

#### Ingredients

- 2 cups fresh melon honeydew, cantaloupe or watermelon (seeded and chopped, use one kind or a combination)
- 1 cup cucumber (peeled, seeded, and chopped)
- 1/4 cup onion red or white (chopped)
- 2 tablespoons fresh cilantro or mint optional (chopped)
- 1 jalapeño hot pepper (seeded and finely chopped) or hot sauce to taste
- 1/4 cup lime juice or lemon juice1 tablespoon sugar (granulated or brown)

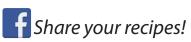
#### **Directions**

- In a medium size bowl, whisk together the lime or lemon juice and sugar.
- 2. Add the remaining ingredients and toss to coat.
- Taste, and then season with more sugar or lemon or lime juice, if needed.
- Cover and chill for at least 30 minutes.





Learn more about **CANTALOUPE** by scanning the QR code above or by visiting https://extension.purdue.edu/foodlink/food.php?food=cantaloupe.



Nutrition Information		
Serving Size	¼ Cup	
Nutrients Total Calories	Amount 15	% Daily Value
Protein	0g	6
Carbohydrates	4g	1
Dietary Fiber	0g	0
Total Sugars	4g	
Total Fat	0g	0g
Saturated Fat	1g	5
Cholesterol	0mg	0
Minerals Calcium Sodium Iron	0 0mg 0	0
Vitamins		
Vitamin A	20	
Vitamin C	20	



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