

## CANTALOUPE

#### Types

There are two kinds of cantaloupe vou 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 wtih 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.

#### Storaae

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.
- 3. Taste, and then season with more sugar or lemon or lime juice, if needed.
- 4. Cover and chill for at least 30 minutes.





https://extension.purdue.edu/foodlink/food.php?food=cantaloupe.

## **f** Share your recipes!

Nutrition information				
Serving Size	1/4 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	0			
Sodium	0mg	0		
Iron	0	0		
	U			
Vitamins Vitamin A Vitamin C	20 20			

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

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Nutrition Information					
Serving Size	1/4 Cup				
Nutrients	Amount	% Daily Value			
Total Calories	15	•			
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	0				
Sodium	0mg	0			
Iron	0	•			
	•				
Vitamins					
Vitamin A	20				
Vitamin C	20				

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Nutrition Information Serving Size ¼ Cup					
74 Cup					
Amount	% Daily Value				
15					
0g	6				
4g	1				
0g	0				
4g					
	0g				
1g	5				
0mg	0				
0					
0mg	0				
0					
20					
	% Cup  Amount 15 0g 4g 0g 4g 0g 1g 0mg 0				



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