



CAN'T BEAT A CANTALOUPE



For more information contact:
Mary Wilson, MS, RD
702-257-5507,
www.unce.unr.edu

Factsheet 10-50

MELON COOLER

- 1 cup cantaloupe cubes
- 1 cup cold water

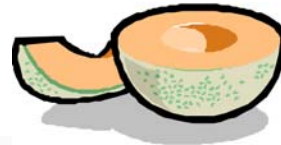
Whirl cantaloupe and water blender until smooth. Makes two servings.

CREAM `N CANTALOUPE

Cut a cantaloupe in half and remove the seeds. Put a scoop of vanilla ice cream or frozen yogurt in the center and dig in!

CANTALOUPE KEBABS

Put a mixture of cantaloupe, watermelon, or honeydew cubes along with grapes or pineapple on plastic straws. Use vanilla or fruit yogurt as a dip.



Did You Know?

- 50/50: One quarter of a large melon contains only 50 calories and meets 50% of your daily needs for vitamin A. It also provides 75% of your daily needs for vitamin C.
- The melon we call cantaloupe is the most popular melon in the United States. Actually, the cantaloupe is a muskmelon, which is named for its sweet smell.
- Cantaloupes are grown for production in California, Arizona and Texas, with California being the leader of the nation's cantaloupe production.
- To remove dirt and bacteria, wash cantaloupe with a clean vegetable brush under running water just before preparing and eating.

WHEN IS IT RIPE?

A sign of a ripe cantaloupe is a sweet, musky aroma; the stem end should give a little under pressure when touched. If purchased when hard, a cantaloupe should be stored at room temperature until it softens and loses any green coloring. Ripe cantaloupe should be stored in the refrigerator.

The orange color of the flesh of a cantaloupe comes from beta carotene; in fact, cantaloupe has more beta carotene than any melon.