Cantaloupe

What am I?

Cantaloupe is a fruit often referred to as a "musk melon." They are large, round, and heavy fruits that contains seeds in the center. The inside of a cantaloupe is orange.

How do I grow?

- Cantaloupe grows on the surface of the ground and are attached to a vine.
- They do not ripen once picked from the vine.
- Cantaloupe are in season July through September.

Nutrition Facts

Cantaloupe is rich in vitamin C which helps with immunity, skin health, and gum health. It is also rich in vitamin A and potassium. Enjoy cantaloupe as a fresh snack, pureed and used in soup or smoothies.

Fun Facts

- When picking a cantaloupe, use your nose to find the sweetest smelling one!
- Cantaloupes received their name from European origins.

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