

# Cantaloupe



## Selecting

If you want to eat the fruit soon after purchase, look for these signs of ripeness: The outer skin of the fruit should be a golden colour under the netting. The end where the stem used to be attached should be slightly indented and beginning to soften. And, the melon should feel heavy and have a sweet aroma. As a final test, shake the melon. If you don't hear seeds rattling around inside, you've found your cantaloupe. If you hear seeds rattling, the fruit is too ripe.

## Storing

When a cantaloupe feels a little on the hard side, store it at room temperature for a day or so and then put it in the fridge. You can store ripe cantaloupe in the fridge for up to 5 days.

Once you've cut into the cantaloupe the remainder should be wrapped tightly in plastic wrap and stored in the fridge.

## Preparing

Wash the outside of the cantaloupe. Slice the fruit in half and scoop out the seeds.

Next slice the halves into crescent-like strips which can be served as-is. Or, the rind can be removed from the strips and the soft fruit can be cut into cubes.

Alternatively, rather than slicing up the melon halves, a melon baller can be used to scoop fruit balls directly from the cantaloupe halves.

## Eating

Cantaloupe is usually eaten raw, either on its own or as part of a fruit salad. But its sweet and refreshing flavour and soft texture makes it a popular addition to vegetable salads and appetizers with salty meats.

## Seasonality

Cantaloupes are available from June to November.

## Nutrition:

A half cup of cut-up cantaloupe has 85 calories. Cantaloupe is an excellent source of Vitamin A and Vitamin C.



**Fresh Tip:** Try dipping cantaloupe slices into yogurt for a refreshing and hydrating delicious snack!

