Florida Fresh: Cantaloupes

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Nutrition Facts
Florida’s Cantaloupes are:

√ High in vitamin A. Vitamin A aids in maintaining normal vision and healthy skin, and protects against infections.

√ High in vitamin C. Vitamin C helps to heal cuts and keeps teeth and gums healthy.

√ A good source of potassium. Potassium helps control blood pressure.

√ Naturally free of cholesterol and low in sodium.

Note: Cantaloupes are a variety of melons. There are other varieties of melons such as casaba and honeydew melons that are not included in this fact sheet.

Why Buy Locally?

The U.S. Department of Agriculture (USDA) estimates that the average farmers’ market produce travels about 50 miles to its destination, compared to 2,000 miles for supermarket produce.

Buy locally and get these benefits:

➢ Freshness and good nutrition. Fruits and vegetables harvested in their peak have better flavor and nutritional characteristics.

➢ Social/cultural. Helps the community to be aware of the importance of agriculture.

➢ Environmental. Protects the natural resources such as green space, wildlife, water, air, and soil.

➢ Economic. Promotes local labor force.

Where are Florida’s cantaloupes harvested?
Florida’s cantaloupes are harvested throughout the state, but the majority of the crops are in Central Florida. Florida is an important producer thanks to the warm sunshine and frost-free seasons.
When can you buy Florida cantaloupes?

You can buy Florida cantaloupes from March through July. This is five months out of the year!

Select

✓ Sweet-smelling cantaloupes with a soft stem end, and a creamy yellow-colored rind. These are ripe and at their peak flavor.
✓ Symmetrical, well-shaped cantaloupes.
✓ Cantaloupes that are heavy for their size.
✓ Cantaloupes without bruises, soft spots, and cracked rinds.

Consider these tips: Wash any kind of melons before cutting. Cut melons have to be refrigerated in sealed containers.

Florida Fresh Cantaloupes: From Market to Table

Fruit Slush

Yield: 4 Servings

1. In a blender, purée fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If preferred, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. Serve well-mixed in tall glasses with ice (garnish with mint if desired).

*Nutrition info per serving (¼ of recipe) 239g: Calories: 60 cal; Total Fat 0g; Sodium 20mg; Total Carbohydrate 16g; Fiber 1g; Protein 1g; Vit A 70%; Vit C 70%; Calcium 2%; Iron 2% *Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories.


Melon Salsa

Yield: 12 Servings

1. In an appropriate size bowl, stir together all ingredients.
2. Taste and add more lemon or lime juice, sugar if needed.
3. Cover and refrigerate for at least 30 minutes. Serve with grilled or broiled fish or chicken.

Caution: Hot pepper contains oils that can cause burning and skin irritation. You should wear kitchen gloves or wash your hands immediately after touching them. Do not touch your eyes.

Nutrition info per serving size (45g): Calories 15 cal; Total Fat 0g; Sodium 0mg; Total Carbohydrate 4g; Protein 0g.