

Cantaloupe

OKCPS School Nutrition Services

Fun Facts!

- ◆ Cantaloupe has a “net-like” green-gray skin on the outside and firm, orange, juicy sweet flesh on the inside.
- ◆ They are in the same family as watermelon and honeydew.
- ◆ They are 90% water!
- ◆ They are nutritious! Cantaloupe is low in calories, high in vitamin C and is good for your eyes and heart.



How do we eat a Cantaloupe?

- ◆ Make sure to wash the outside of the cantaloupe well before cutting into it.
- ◆ You can dice it and eat it by itself or you can make kabobs, salsas, smoothies and salads!



Where does Cantaloupe come from?

In the spring and summer months, most of the cantaloupe we eat comes from California and Arizona. It grows on a vine similar to watermelons. From November until May it is imported from Central America. Most likely they come from Guatemala with some coming from Costa Rica, Honduras or Mexico.