

# CANTALOUPE



Cantaloupe is in season from August through September.

## Tips for selecting cantaloupe

Select cantaloupe with large, even webbing and a yellow-orange color. Cantaloupe should be slightly soft around the stem but otherwise firm. Cantaloupe should have a sweet aroma. Do not choose cantaloupe that has:

- green coloring,
- dark or soft and sunken spots, or
- a rough stem end.

## Storage

Uncut cantaloupe can be stored on the countertop away from direct sunlight. Once it has been cut, it should be wrapped and stored in the refrigerator. Cut cantaloupe must be used within two days.

## Preparation

Wash and scrub cantaloupe before cutting. Cut in half and remove the seeds. Cantaloupe can be eaten raw alone, in a salad, or as part of a fruit platter.

## Key nutrients

- Potassium to maintain normal blood pressure
- Vitamin A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin and blood

## Recipes

### Cantaloupe bread

- 3 eggs
- 1 cup vegetable oil
- 2 cups white sugar
- 1 tablespoon vanilla extract
- 2 cups cantaloupe, peeled, seeded, and pureed
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- $\frac{3}{4}$  teaspoon baking powder
- 2 teaspoons ground cinnamon
- $\frac{1}{2}$  teaspoon ground ginger

Preheat oven to 325°F. Grease and flour two 9×5-inch loaf pans. In a large bowl, beat eggs, oil, sugar, vanilla, and cantaloupe. In a separate bowl, sift flour, salt, baking soda, baking powder, cinnamon, and ginger. Stir flour mixture into cantaloupe mixture. Pour batter into prepared pans. Bake at 325°F for 1 hour or until toothpick inserted into the center comes out clean. Serves 24; 215 Cal; 10 g fat.

### Melon grape salad

- 1 cup cantaloupe, cubed
  - 1 cup watermelon, cubed
  - 2 cups green seedless grapes
  - 5 teaspoons lime juice
  - $\frac{1}{2}$  cup honey
  - 2 tablespoons Dijon mustard
- Toss fruit with 3 teaspoons lime juice, cover, and refrigerate. When ready to serve, pour out liquid and dry out serving bowl. Whisk together remaining lime juice, honey, and mustard. Toss with fruit. Serves 6; 150 Cal; less than 1 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office ([counties.extension.wisc.edu](http://counties.extension.wisc.edu)) or from Extension Publishing ([learningstore.extension.wisc.edu](http://learningstore.extension.wisc.edu)).

Healthy Seasonal Produce: Cantaloupe (B4166-09)

R-03-2019