

# — CANTALOUPE —

## What are they?

- Cantaloupes are a type of melon.
- They have a hard, bumpy exterior with a soft orange interior.
- The sweet and juicy orange flesh inside of the melon is the part we eat.
- Sometimes cantaloupes in the U.S. are called muskmelons.



## When are they available?

- Harvested towards the end of summer in Wisconsin. Cantaloupes are available to purchase all year round, but they will come from farther away, most likely California.

## What's so cool about them?

- Cantaloupes are named after Cantalupo, Italy. Australians call cantaloupe “rockmelon.”
- It has plenty of relatives! Cantaloupe are members of a vine-crop family known as *Cucurbitaceae*, which includes other melons, squash, cucumbers, pumpkins, and gourds.
- They must be attached to their vine to ripen, so after a cantaloupe is picked it will not get any sweeter.
- Cantaloupe tell you when they're ripe. The vine will naturally slip from the fruit when it's harvest time. You'll also notice the skin will turn creamy-beige under the “netted” pattern on the melon.
- Bees have to visit each melon 10-15 times to properly pollinate them.
- California is the leading producer of cantaloupes in the U.S.

## Why should I eat them?

- An average-sized cantaloupe contains just 100 calories. Who knew something so sweet could be good for you?
- Cantaloupe is an excellent source of Vitamin A, which is good for your eyes and skin. It's also high in Vitamin C, which helps boost your immune system and promotes wound healing.

