





# Cantaloupe

## Benefits of cantaloupe:

-  Low in calories
-  High in Vitamin C & A
-  High in potassium

## When are they in season?

-  Harvest in Wisconsin is towards the end of summer.

## Food Safety for cantaloupe:

**Check** for existing mold.

**Store** whole cantaloupes in dry storage for up to 2 days. Cantaloupes stored at refrigeration temperatures below 41F will have approximate shelf life of up to 5 days.

**Separate** cantaloupe from meat. Use different cutting boards for meats and fruits.

Did you know... an average-sized cantaloupe contains just 100 calories. How crazy!



### Resource:

Media, A., Heichelbech, R., Griggs, J., & Remember, D. (2019, September 04). 8 Fun Facts About Cantaloupe. Retrieved January 07, 2021, from <https://crafty.house/fun-facts-about-cantaloupe/>

C. (n.d.). Cantaloupe Information. Retrieved January 7, 2021, from <https://www.cde.state.co.us/nutrition/osnffvproduceinfosheetscantaloupe>

Szalay, J. (2018, June 08). Cantaloupes: Health Benefits & Nutrition Facts. Retrieved January 07, 2021, from <https://www.livescience.com/54475-cantaloupe-nutrition.html#:~:text=In%20fact%2C%20a%20cantaloupe%20is,b ut%20is%20low%20in%20calories.>

Maya, Author Maya Krampf from WickedSpatula.com Servings 4 servings, WickedSpatula.com, A., Author, & WickedSpatula.com, M. (2020, June 05). How To Make Sorbet: Homemade Banana Cantaloupe Sorbet Recipe. Retrieved January 07, 2021, from [https://www.wickedspatula.com/cantaloupe-banana-sorbet/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_smartloop&utm\\_content=smartloop&utm\\_term=38675370](https://www.wickedspatula.com/cantaloupe-banana-sorbet/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=38675370)

Pictures: Creative Commons

## Banana Cantaloupe Sorbet:

Serves 4.

### Ingredients




- 1 medium frozen banana
- 2 cups frozen cantaloupe
- Honey (optional, for drizzle)

### Directions

1. Place the frozen banana and cantaloupe in a blender and pulse until combined into an ice cream-like texture.



### Other Ideas:

-  Cantaloupe smoothie
-  Cantaloupe cucumber salad
-  Cantaloupe jam