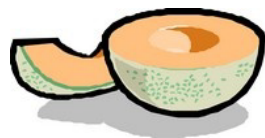


Florida Fresh: Cantaloupes¹

Claudia Peñuela²

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.

Nutrition Facts	
Serving Size 1 cup, balls 177g (177 g)	
Amount Per Serving	
Calories 60	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 28mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	6%
Sugars 14g	
Protein 1g	
Vitamin A 120%	Vitamin C 108%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
©www.NutritionData.com	

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.

1. This document is FCS8878, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published: August 2009. Visit the EDIS Web site at <http://edis.ifas.ufl.edu>.
2. Claudia Peñuela, nutrition assistant-EFNEP, Department of Family, Youth and Community Sciences; Institute of Food and Agricultural Sciences; University of Florida; Gainesville, FL 32611.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A. & M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating. Millie Ferrer-Chancy, Interim Dean.

When can you buy Florida cantaloupes?

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

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

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

2 $\frac{3}{4}$ cups coarsely chopped **cantaloupe**, seeded and peeled
 1 $\frac{3}{4}$ cups coarsely chopped **kiwi** (optional)
 2-3 Tbsp **sugar**
 2 Tbsp **lime** juice
 2 cups **water**
 ice

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** ($\frac{1}{4}$ 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.

Adapted from: *Pictorial Recipes*, Lynn Myers Steele, 2000, Oregon Family Nutrition Program, Oregon State University Extension Service; and http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=57

Melon Salsa

2 cups seeded and chopped **cantaloupe**
 1 cup peeled, seeded and chopped **cucumber**
 $\frac{1}{4}$ cup chopped **onion**, red or white
 2 Tbsp chopped **cilantro** or **mint** (optional)
 $\frac{1}{2}$ single, seeded, and finely chopped **jalapeño** or **hot sauce** to taste
 $\frac{1}{4}$ cup **lime** juice or **lemon** juice
 1 Tbsp **sugar**, white or brown

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.

Adapted from: Montana Extension Nutrition Education Program, *Website Recipes*, Montana State University Extension Service; and http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=486