

Cantaloupe



Selecting

If you want to eat the fruit soon after purchase, look for these signs of ripeness: The outer skin of the fruit should be a golden colour under the netting. The end where the stem used to be attached should be slightly indented and beginning to soften. And, the melon should feel heavy and have a sweet aroma. As a final test, shake the melon. If you don't hear seeds rattling around inside, you've found your cantaloupe. If you hear seeds rattling, the fruit is too ripe.

Storing

When a cantaloupe feels a little on the hard side, store it at room temperature for a day or so and then put it in the fridge. You can store ripe cantaloupe in the fridge for up to 5 days.

Once you've cut into the cantaloupe the remainder should be wrapped tightly in plastic wrap and stored in the fridge.

Preparing

Wash the outside of the cantaloupe. Slice the fruit in half and scoop out the seeds.

Next slice the halves into crescent-like strips which can be served as-is. Or, the rind can be removed from the strips and the soft fruit can be cut into cubes.

Alternatively, rather than slicing up the melon halves, a melon baller can be used to scoop fruit balls directly from the cantaloupe halves.

Eating

Cantaloupe is usually eaten raw, either on its own or as part of a fruit salad. But its sweet and refreshing flavour and soft texture makes it a popular addition to vegetable salads and appetizers with salty meats.

Seasonality

Cantaloupes are available from June to November.

Nutrition:

A half cup of cut-up cantaloupe has 85 calories. Cantaloupe is an excellent source of Vitamin A and Vitamin C.



Fresh Tip: Try dipping cantaloupe slices into yogurt for a refreshing and hydrating delicious snack!

