

# ALL ABOUT CANTALOUPE



## WHAT IS A CANTALOUPE?

Cantaloupe is a sweet and juicy fruit with orange flesh and a rough, netted skin. It belongs to the melon family.

## HEALTH BENEFITS

Cantaloupe contains vitamin C, vitamin A and water. It is a good source of potassium and fiber.

## WHERE DOES CANTALOUPE GROW?

Cantaloupe grows on vines. Yellow flowers on the plant produce the fruit. When they smell sweet and the stem starts to crack, they're ready to harvest.

## FUN FACTS

- They are mostly made of water—about 90%—which makes them super hydrating!
- The bright orange color comes from beta-carotene, the same thing that makes carrots orange.
- The name "cantaloupe" comes from a town in Italy where the fruit was once grown.
- A nickname for cantaloupe in Australia is a "Rock Melon."



**Why did the cantaloupe go to summer school?**

**Because it wanted to be a little "melon"-choly smart!**

## CANTALOUPE IN SOUTH DAKOTA

South Dakota grows muskmelons or more commonly known Woonsocket melons. They are grown in the eastern part of the state. Local farmers grow these melons and sell them at farm stands, farmers markets, and to local retailers. The melons are considered "world famous" and are a popular attraction for visitors.

**What did the watermelon say to the cantaloupe?**  
**"You're one in a melon!"**

## FUN WAYS TO EAT

- Fresh – Cut it into slices and eat it as a snack.
- Fruit Salad – Mix it with berries, grapes, and other fruits.
- Smoothies – Blend it with yogurt and honey for a tasty drink.
- Frozen Treats – Make cantaloupe popsicles for a cool summer snack!

Nutrition Facts	
Portion Size	177 g
Amount Per Portion	
<b>Calories</b>	<b>60</b>
% Daily Value *	
<b>Total Fat</b> 0.3g	0 %
Saturated Fat 0.1g	0 %
<b>Sodium</b> 28mg	1 %
<b>Total Carbohydrate</b> 14g	5 %
Dietary Fiber 1.6g	6 %
Sugar 14g	
<b>Protein</b> 1.5g	3 %
Vitamin D 0mcg	0 %
Calcium 16mg	1 %
Iron 0.4mg	2 %
Potassium 473mg	10 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

