



Selection:

Choose cantaloupe that has veins across the rind, is heavy for its size, and has a fresh cantaloupe smell. Press on the end opposite the stem end. It should give slightly with pressure. Avoid melons with lumps, soft spots, or visible bruises.

Storage:

Store unwashed cantaloupe at room temperature for up to 1 week, or until ripe. When ripe, cut cantaloupe can be stored in a container with a lid in the refrigerator for up to 5 days.

Room Temperature (uncut): Up to 1 week, or until ripe

Refrigerator (cut): Up to 5 days

Use:

Rinse the rind of the cantaloupe thoroughly before preparing. Use a knife to carefully cut in half and scoop out seeds with a spoon. Cut each half into sections. Hold the sections as you cut the orange part of the melon from the rind. Cut into chunks or slices and throw away the rind. Cantaloupe is best eaten raw.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Buying:

Cantaloupe can be sold individually or by the pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the cantaloupe you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Cantaloupe

Use this table to find the total cost.

Example: What is the total cost for a 1.5 lb cantaloupe at \$0.69 per lb? **1.5 lbs x \$0.69 = \$1.04**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

Nutrition:

**1 Cantaloupe Wedge
(1/4 large melon)**

Nutrition Facts	
Serving Size 1/4 medium melon (134g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
%	
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 120%	Vitamin C 80%
Calcium 2%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for a wedge of cantaloupe, which is about 1/4 of a large melon. All cantaloupe are not the same size, but you can use this to estimate the nutrition content for a larger or smaller cantaloupe.

Recipe:

Dessert Fruit Kabobs

Preparation Time: 20 minutes

Serves 4

Cups of Fruit per Serving: 1

Ingredients:

- 1 cup plain low-fat yogurt
- 1 tablespoon lime juice
- 1 tablespoon honey
- 1 teaspoon cilantro, chopped (optional)
- 2 cups strawberries
- 1½ cups cantaloupe, cubed
- 1½ cups honeydew, cubed
- 8 metal skewers or bamboo skewers, soaked in water

Preparation:

- 1.) In a small bowl, stir the yogurt, lime juice, honey, and cilantro together. Cover and refrigerate until ready to serve.
- 2.) Thread the cubes of strawberries and melon onto the skewers.
- 3.) Serve the kabobs with the yogurt dipping sauce.

Nutrition Information per Serving:

Calories 130, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 70 mg, Carbohydrates 27 g, Dietary Fiber 3 g, Protein 5 g.

