



Cantaloupe

Cucumis Melo

Nutrition Facts

- Cantaloupe is an excellent source of vitamin C and vitamin A.
- Rich in antioxidants, cantaloupe can help prevent colon, prostate, breast, lung and pancreatic cancer.
- Cantaloupe is a good source of potassium, which helps control heart rate and blood pressure and thus offers protection against stroke and coronary heart disease.

Planting

Plant 5/1-5/20

(Guidelines for planting in raised beds)

Seeds: In a 4'x12' bed, form mounds of soil that are 15-24" apart. Sow 6 seeds in each mound. Cover the seeds with 1/2 inch of soil.

Care

Seeds: Water the seeds regularly with a gentle spray. Keep the soil moist to allow germination.

Young seedlings: After the seeds have germinated, thin them to be 2 to 3 plants per mound. A few weeks after the seeds have germinated, mulch around the plant with straw.

Harvest & Storage

Cantaloupes are ripe once the rind turns from green to grey or yellow. Harvest the cantaloupe once the fruit can be easily pulled off from the stem.

Cantaloupes may be stored in the refrigerator for three or four days. Unripe cantaloupes may be stored in room temperature for several days as it ripens.

Recipe

Wash all vegetables before using

Berry-Cantaloupe Salad

1 teaspoon ground cinnamon
1/8 cup honey
2 cups Greek vanilla yogurt
Minced mint leaves for garnish
1/2 cantaloupe, scooped with melon baller
1 cup blueberries
1 cup blackberries

Combine and toss the fruit in a large bowl. Stir together the yogurt, honey and cinnamon in a small bowl. Garnish the salad with fresh snipped mint leaves and enjoy!



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