

Free Workshops

Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

See the schedule and register at:
kccg.org/workshops

Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

Find them at
kccg.org/gardening-guidesheets

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

Find them at
kccg.org/how-to-videos

Together We Grow

KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.



[@KansasCityCommunityGardens](https://www.facebook.com/KansasCityCommunityGardens)



[@kcccommunitygardens](https://www.instagram.com/kcccommunitygardens)



www.kccg.org



816.931.3877



contact@kccg.org



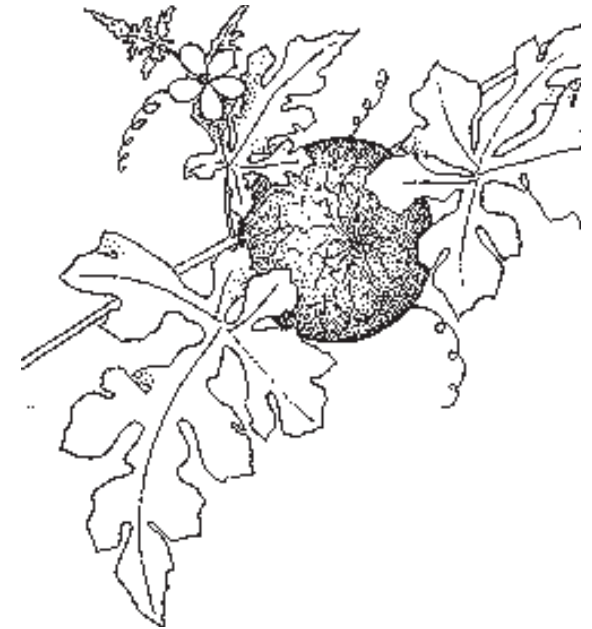
6917 Kensington Ave
Kansas City, MO 64132

Volunteer

Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit
www.kccg.org/volunteer

Growing Cantaloupe



KCCG
KANSAS CITY COMMUNITY GARDENS

KCCG's Varieties

Ambrosia - 86 days - This orange fleshed cantaloupe type melon is considered by many to be the best flavored melon around. Fruits have tender flesh that is extra sweet with small seed cavities. Vines are mildew resistant. Fruit is ripe when it slips from the vine with slight pressure.

Delicious 51 - 81 days - Early large fruits, 4-5 lbs. Good flavor, thick orange-salmon flesh. Fusarium wilt resistant.

Hale's Best No. 36 - 80 days. The fruit is highly flavored, beautiful and solidly netted, little if any suture and no ribs. Spicy salmon colored flesh. Fruit 2.5-3 lbs, uniform in size, slight oval shape.

Planting:

In the Kansas City area, plant between May 1st and May 20th.

Seeds - In a 4'x12' raised 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.

Nutritional 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.