

September 2016

Pick a better snack™



Muskmelon or Cantaloupe?

Many of us call this fruit “cantaloupe”, but the actual name is “muskmelon”. A true cantaloupe is grown mostly in Europe and looks different than cantaloupe grown in the United States. Whatever you call it, the late summer fruit is a delicious snack or side dish for your next meal.

Is it Ripe?

Color: The outside should be a golden, tan color, not green.

Firmness: The ends of the whole melon should yield slightly when gently pressed. There should be no soft spots or cracks on the melon.

Smell: The cantaloupe should have a desirable sweet smell, like cantaloupe.

Weight: It should feel heavy for its size when compared to other cantaloupe.



Grow your own cantaloupe, which is ready for harvest August through October.

Fruit of the Month:



CANTALOUPE

Slice. Eat. (How easy is that?)

Cantaloupe might look difficult to eat, given its hard rind and large size (compared to most fruit). But it's really quite simple.

- 1 Wash whole cantaloupe under running water.
- 2 On a cutting board, cut through the middle of the fruit. This should be done by an adult.
- 3 Scoop out and throw away the seeds.
- 4 Cut each half into wedges and eat. For cut-up fruit, slice off the rind from each wedge and cut fruit into pieces.



Slice. Bite. How easy is that?

Save \$, Shop Wisely!

You'll get more for your money if you buy whole cantaloupe and cut it yourself than if you buy the pre-cut melon. Look at the difference!

Whole:
\$2.00-\$3.00 ea.
Even after you cut away the rind, the price per pound is much less than pre-cut fruit.



Packaged:
\$4.00-\$6.00
per pound for pre-cut cantaloupe

