

Produce of the Month

SHOPPER TIPS

- Look for well-shaped cantaloupe with a sweet smell. The rind should be evenly colored and have a net-like pattern. Avoid dark green cantaloupe that feel hard and have a bitter taste.

WHAT'S IN IT FOR YOU?

- High in vitamin A. Vitamin A aids in maintaining healthy vision, skin, and immune system.
- High in vitamin C. Vitamin C helps to heal cuts and wounds.
- A good source of potassium. Potassium helps control blood pressure.

SERVING IDEAS

- Cut cantaloupe into wedges and serve for dessert.
- Blend low-fat yogurt, chopped cantaloupe, frozen strawberries, and a banana. Pour into paper cups and enjoy.

PEAK SEASON

- You can buy Florida cantaloupes from March to July. Taste them to see!

STORAGE

- Store ripe cantaloupe in the refrigerator for up to one week. Wrap cut cantaloupe and store in the refrigerator for up to two days. Keep firm cantaloupe at room temperature.

Scan the QR code and be able to share!



Produce of the Month

Scan the QR code and be able to share!



Produce of the Month

Scan the QR code and be able to share!



Produce of the Month

Scan the QR code and be able to share!





Cantaloupe Salsa

Prep Time: 25 minutes

INGREDIENTS:

- 1/2 large ripe cantaloupe
- 3/4 cup diced red bell pepper
- 1/4 cup diced cilantro
- 3 Tbsp lime juice
- 1 tsp salt
- 1/2 tsp black pepper

DIRECTIONS:

Remove seeds and rind from cantaloupe. (You should have approximately 1/2 pound cantaloupe flesh.) Chop cantaloupe into very small diced pieces. Put in diced cantaloupe into a bowl. Add diced red pepper, cilantro, scallions and lime juice. Stir. Add pinch of salt and pepper flakes. Chill. Serve with grilled chicken.

Nutrition Facts

Cantaloupe Salsa
 Serving Size: 1/4 cup
 Calories: 45, Calories from Fat: 5, Total Fat: 0g, Saturated Fat: 0g, Trans Fat: 0g,
 Cholesterol: 0mg, Sodium: 90mg, Total Carbohydrates: 11g, Dietary Fiber: 2g,
 Sugars: 9g, Protein: 1g, Vitamin A: 90%, Vitamin C: 160%, Calcium: 2%, Iron: 2%