

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is... Cantaloupe

You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce Of the Week



What fruit was named for the papal gardens of Cantalupo, Italy?

**CANTALOUPE!**

- ⇒ Select melons that are heavy for their size and the stem end gives slightly to pressure
- ⇒ Un-ripe melons can be stored at room temperature out of the sun for a few days to ripen
- ⇒ Avoid melons with the stem still attached, as they were harvested too green
- ⇒ Avoid melons with soft spots or bruises
- ⇒ Ripe melons can be stored in the refrigerator for up to 5 days; store cut melons in an air-tight container in the refrigerator
- ⇒ Wash melon with soap and water before cutting to remove dirt and germs

## Nutrition Facts:

- ◆ **1/4 of a melon is one serving**
- ◆ **One serving contains about 50 calories**
- ◆ **Melons are an excellent source of vitamins A & C**

## Did you know?

California, Arizona, and Texas provide the majority of the cantaloupe crop in the USA.

Cantaloupes were cultivated in Egypt's Nile valley as early as 2000 B.C.

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits & veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!

## Cantaloupe Spinach Salad

4 Servings

### INGREDIENTS

5 cups fresh spinach leaves	2 cups sliced cantaloupe
1 cup sliced avocado	1/2 cup diced red bell pepper
3 tablespoons chopped fresh mint leaves	1 tablespoon mint apple jelly
3 teaspoons white wine vinegar	1 tablespoon olive oil
1 clove garlic, minced	

### DIRECTIONS

1. Divide spinach between 4 serving plates.
2. Arrange half of the cantaloupe and half of the avocado in a circular pattern over the spinach on each plate. Sprinkle with diced red pepper and fresh mint.
3. Mix together the mint jelly, white wine vinegar, oil and garlic. Drizzle over the salads. Serve.

### Simple ways to enjoy CANTALOUPE:

☞ Slice into wedges and eat right out of the rind! ☞ Add cubes of cantaloupe to a smoothie ☞  
☞ Dice and add to any fresh salad ☞

*Although a true serving is 1/4 of a melon, a whole melon can provide a snack to 8 or more hungry kids!*



## Cantaloupe Freeze

### INGREDIENTS

1 cantaloupe - peeled, seeded and cubed  
2 tablespoons sugar  
2 cups ice cubes

### DIRECTIONS

Place cantaloupe cubes and ice into the container of a blender. Process until the ice is in small pieces. Add sugar, and puree. Pour into tall glasses and serve immediately.

Recipes modified from [morematters.org](http://morematters.org) & [allrecipes.com](http://allrecipes.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**