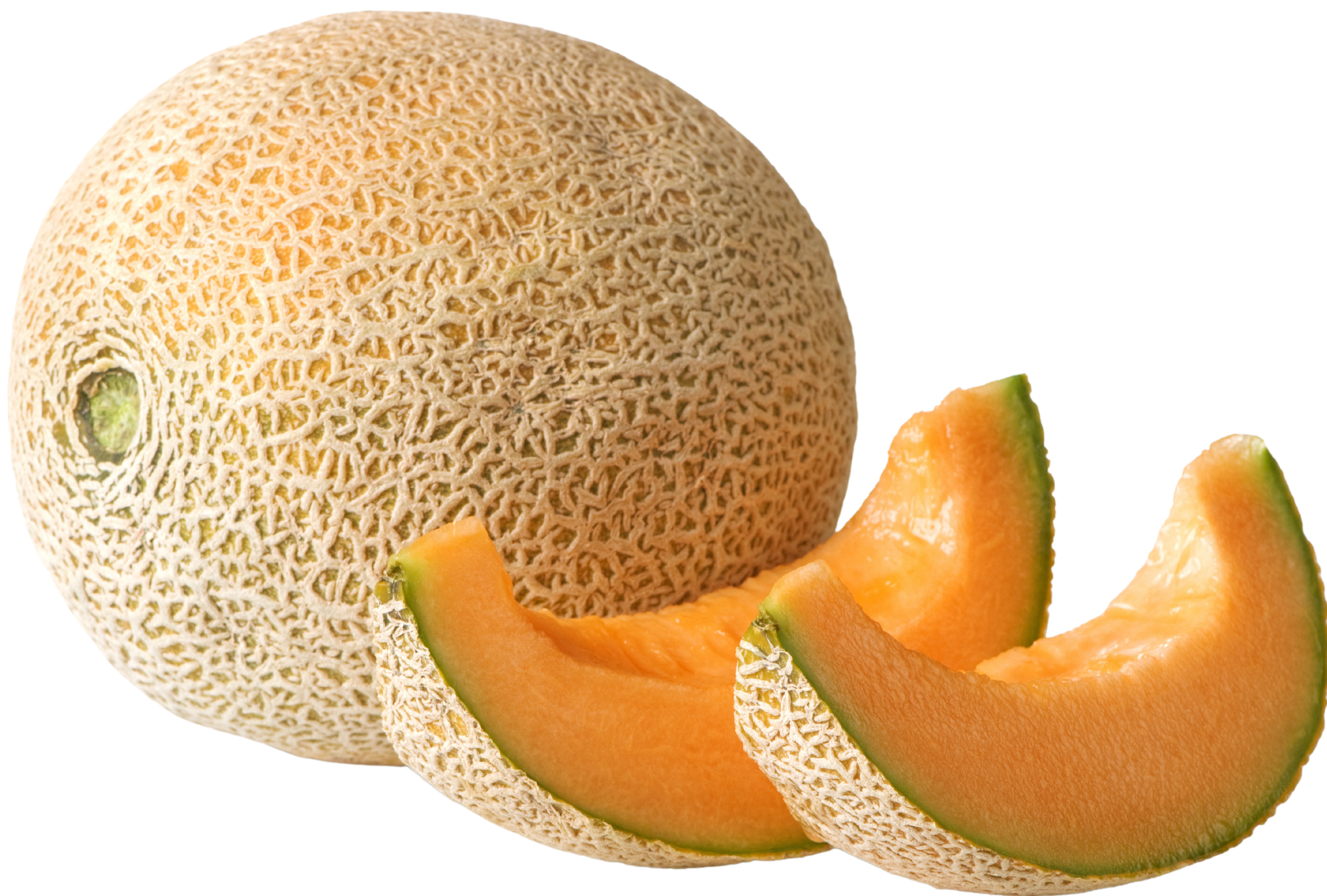




CANTALOUPES

SUMMER



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Cantaloupes are usually grown by planting seeds directly into the soil. Sow seeds 1 inch deep in rows at least 5 feet apart in a sunny, well-drained area. Thin seedlings 18 to 24 inches apart. Harvest cantaloupes after 70 to 130 days, or when the stem separates easily at the point of attachment.



PREP

Rinse cantaloupe with cool water. Cut off both ends of the cantaloupe. Stand the cantaloupe up on one of its ends, cut the cantaloupe in half, and use a spoon to remove any seeds and pulp from the center. Remove the rind depending on preference. Cut cantaloupe into desired sized pieces.



EAT

Enjoy fresh cantaloupe with breakfast, lunch, or dinner! Thread pieces of cantaloupe with your favorite fruits on skewers paired with a yogurt-based dip. Homemade popsicles with pureed cantaloupe and a splash of lime juice are a refreshing summer snack! Drop a few frozen pieces of cantaloupe into your cup of water for a cool, refreshing drink.



LEARN

Cantaloupe originated from Asia. Cantaloupe is a tender, warm-weather **fruit**. Its orange color indicates that it is high in pigments that contribute to Vitamin A production, which is essential for vision! The majority of cantaloupes grown in Arkansas have orange-colored flesh, but some are green!

