

Produce of the Month

HOW TO CHOOSE

- 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 IS IT GOOD FOR?

- 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 regulate blood pressure.

EATING 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.

SEASON

- You can buy Florida cantaloupes from March through July. They are available year-round!

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 find it!



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