



# Melon, Cantaloupe

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Costa Rica, Dominican Republic, Guatemala, Honduras, Mexico, USA

### Receiving Information:

- Selection: Choose a cantaloupe that has a sweet aroma and is firm to the touch. Avoid melons with noticeable soft spots.
- Ripeness: Since most melons are sold slightly under-ripe, they need to be purchased a few days before they are to be eaten so they can develop maximum flavor.
- Cleaning: To prevent bacteria on the melon netting from passing through to the flesh, wash melons with potable water; clean and sanitize the cutting area and utensil.

### Storage/Handling:

- Ethylene Producer: Yes
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Bruising: Bruising may result from rough handling - keep handling to a minimum; do not drop containers on floor.
- Deterioration of flesh: Flesh may begin to deteriorate if ripe cantaloupe is exposed to extreme fluctuations in temperature - keep storage temperature constant.
- Pitting; rind decay: Indication of chill injury.

- Outside Coloring: Beige and green.
- Phytochemical: Beta-carotene.
- Scientific Name: Cucumis melo.
- Usage: Excellent for eating out of hand, sorbets, and fruit salads.
- Variety AKA/Synonyms: Muskmelon.
- Skin Texture: Rough.
- Shape: Round to oblong.
- Flesh Description: Sweet, soft, juicy flesh ranging in color from light orange to salmon.
- Taste: Sweet, very flavorful when ripe.

## Nutrition Facts

**Serving Size: 1 medium wedge (1/8 medium melon)**

Amount Per Serving

Calories 23	Fat Calories
	% Daily Value*
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 11mg	0%
Total Carbohydrates 6g	4%
Dietary Fiber 1g	2%
Sugars 5g	
Protein 1g	1%
Potassium 184mg	4%
Vitamin A 17%	Vitamin C 34%
Calcium 1%	Iron 1%