

FOOD PREPARATION STEPS



1. Wash cantaloupe thoroughly, using soap and a food scrubber. Blot up excess water with paper towels.



2. Cut a small section off the stem end and its opposite side.



3. Stand fruit on flat end and cut in half.

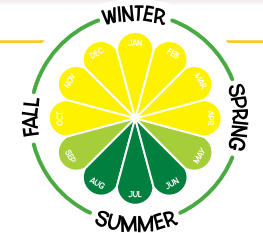


4. Remove seeds and cut each half into wedges.



5. Lay each long wedge on its side and cut into triangle-shaped pieces.

Cantaloupes are rich in potassium and provide a natural way to replenish electrolytes after physical activity. They are low in calories and cholesterol and are a good source of vitamins B and C, which help to prevent disease.



● MODERATE AVAILABILITY ● PEAK AVAILABILITY

- Cantaloupe are available in Hawai'i from May through September, with peak harvest occurring June through August.
- Look for fruits that are heavy for their size and yield slightly to gentle pressure at the blossom end (opposite stem scar). Ripe melons should be slightly fragrant.
- Avoid fruits with blemishes, cuts, soft spots, or mold.
- It is very important that melons be washed before being cut.
- Cut cantaloupe should always be stored in the refrigerator to inhibit bacterial growth.
- Remove skin completely if fruit will not be eaten right away.

**Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.