



Kentucky Cantaloupe

**RIPE AND TASTY:
JUNE - SEPTEMBER**



Cooperative Extension Service



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LOOK FOR: Melons that feel heavy for their size; no bruises. Melons that smell slightly fruity and are just a little soft when you press on the stem end.

AT HOME: Store whole, uncut cantaloupes at room temperature for up to 1 week. Keep cut up cantaloupe in a covered container in the refrigerator for up to 5 days.

TO USE: Wash cantaloupe under running water and use a brush to clean out all the little bumps on the rind (peel). Use a sharp knife to cut the melon in half. Use a large spoon or your fingers to scoop out the seeds and strings. Cut into wedges and carefully cut away the rind.

READY TO EAT: Enjoy cantaloupe raw by itself, or add to fruit salad or smoothies.



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