



# Cantaloupe

**Cantaloupe** are also known as muskmelons. They have an orange flesh with pale green to tan color with lightly ribbed exterior skin. Cantaloupe provides the most beta-carotene in the entire melon family.



Cantaloupe are either a round or slightly oblong shape, measure 4.5 - 6.5 inches in diameter and weigh 450 - 850 gm, often times more than a kilo. Internally, the flesh color ranges from orange-yellow to a light orange color, has soft consistency and juicy texture with a sweet, musky aroma when the fruit is at it ripest. In the center, there is a hollow cavity filled with small off-white color seeds encased in a thin mucus like web.

Cantaloupe is an excellent source of Vitamin A, which is a power antioxidant and is essential for healthy vision.

Cantaloupe is typically available year-round, with a June through August peak season.

## Cantaloupe Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
California					✓	✓	✓	✓	✓	✓		
Honduras/Nicaragua	✓	✓	✓	✓							✓	✓
Mexico	✓	✓	✓	✓	✓	✓	✓	✓				