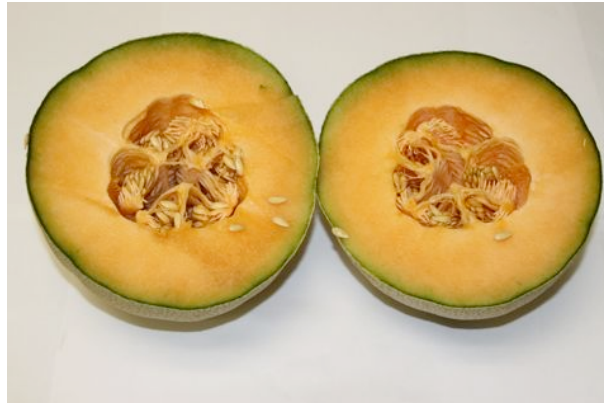


PLPA-HG014-05

Cantaloupe (*Cucumis melo var. cantalupensis*)



Origin

The melon is thought to have originated in Africa, Mediterranean countries and the Middle East.

Food Production

Cantaloupes require warm temperatures. They are typically grown inside for 2 weeks before being planted outside so the plant has a better chance for survival in the soil. Soil high in nitrogen is usually desired because it produces heat. Since the fruit grows on vines they need a large area to grow. The vines can be spread out on the ground or space saved by using a trellis.

Nutritional Qualities

Cantaloupe is high in vitamin C, which helps repair body tissue. High levels of potassium are also found in cantaloupe, which helps with muscle and heart contractions.

Famous Dishes

Fruit salad, fruit kabobs, fruit with ice cream, cantaloupe soup.