

# Cantaloupe

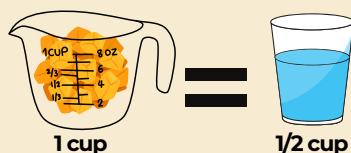


HARVEST SCHEDULE	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

## Hydration

Cantaloupe is a hydration hero, perfect for quenching your thirst during scorching summers or post-exercise. A single cup of cantaloupe is a watery wonder, packing in over half a cup of hydration per one cup of fruit. Plus, this juicy fruit is loaded with electrolytes like sodium, potassium, calcium, and magnesium.

Cheers to staying refreshed with cantaloupe magic!



Ten (10) pounds of cantaloupe, as purchased (AP), will provide about (30) thirty, 1/2 cups of diced, ready to eat cantaloupe.

## Arizona Cantaloupe Facts:

- Arizona had 28% of U.S. cantaloupe value
- Of the 9 states in cantaloupe production, Arizona is #2, only behind California.
- Since 1992, harvested Arizona cantaloupe acreage has ranged from 13,200 to 23,300 acres with a production value ranging from \$38.2 million to \$119 million.
- Contains: Vitamins A, C, Potassium, B9 (folate), Beta carotene, and Fiber



Ready to purchase local canteloupes? Want to know who is selling them and how to get a good price? Submit the [School Interest Form](#) and an HNS specialist will be in contact to connect you with local producers!

**Creamy Cantaloupe Icy Delight:** Cantaloupe and yogurt make the dream team of snacks, turning into a refreshing spin on the classic creamsicle! The fruity burst meets creamy yogurt in a combo that's just pure bliss.

**YIELD: 10 SERVINGS**

### INGREDIENTS:

- 4 cups diced cantaloupe
- 1 cup low-fat plain greek yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1 popsicle maker
- 10 popsicle sticks

### INSTRUCTIONS:

- In your blender, puree cantaloupe until smooth.
- Mix yogurt, honey and vanilla extract. Add more honey, if desired, to taste.
- Layer Cantaloupe puree and yogurt in your popsicle maker, add sticks and freeze 3+ hours.
- Dip molds in warm water, if needed to help the popsicles release from the mold. Enjoy!

This institution is an equal opportunity provider.



# Cantaloupe

## ARIZONA HARVEST SCHEDULE

FRUITS & HERBS

JAN FEB MAR APR MAY JUN JUL AUG SEPT OCT NOV DEC

MELONS, CANTALOUPE



Vitamins A, C, Potassium, B9 (folate), Beta carotene, and Fiber

**CANTALOUPE**  
Cantaloupe, fresh<sup>3</sup>

### Food Buying Guide: Quick Math



=  $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$

One (1) pound of cantaloupe, as purchased (AP), will provide about (3) three, 1/2 cups of diced, ready to eat cantaloupe.

1 Pound



=  $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$   $\frac{1}{2}$

Ten (10) pounds of cantaloupe, as purchased (AP), will provide about (30) thirty, 1/2 cups of diced, ready to eat cantaloupe.

10 Pounds



A one-inch cube of "DICED" cantaloupe is about the size of one die.

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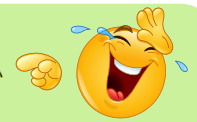


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HAHAHA HAHAHA



Why did the cantaloupe jump into the pool?

It wanted to become a watermelon HAHAHA

## Creamy Cantaloupe Icy Delight:

*Cantaloupe and yogurt make the dream team of snacks, turning into a refreshing spin on the classic creamsicle! The fruity burst meets creamy yogurt in a combo that's just pure bliss.*



### INGREDIENTS:

- 20 cups cantaloupe diced
- 5 cups low-fat plain greek yogurt
- 1/4c + 1 tablespoon honey
- 1 tablespoon + 2 teaspoon vanilla extract
- 50 4-oz cups

### INSTRUCTIONS:

- In your blender, puree cantaloupe, yogurt, honey and vanilla extract until smooth
- Pour 88g of mixture in cups and freeze 3+ hours.
- Serve with a spoon. Enjoy!

YIELD: 50 SERVINGS (credits 3/8 cup Fruit) per USDA Food Buying Guide

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1 cup

1/2 cup +

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### INGREDIENTS:

- 4 cups diced cantaloupe
- 1 cup low-fat plain greek yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1 popsicle maker
- 10 popsicle sticks

### INSTRUCTIONS:

- In your blender, puree cantaloupe until smooth.
- Mix yogurt, honey and vanilla extract. Add more honey, if desired, to taste.
- Layer Cantaloupe puree and yogurt in your popsicle maker, add sticks and freeze 3+ hours.
- Dip molds in warm water, if needed to help the popsicles release from the mold. Enjoy!

YIELD: 10 SERVINGS \*recipe source [Health Starts in the Kitchen](#)

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