

Cantaloupe

Storage

Store uncut in a cool place for up to a week. If cut, wrap in plastic and refrigerate for up to three days.



Preparation

Wash the melons before using, then cut lengthwise and remove the pulp and seeds. Chop to desired size and eat, best flavor will be at room temperature.

Nutrition

Cantaloupe is incredibly rich in many different nutrients and has antioxidant and anti-inflammatory benefits. It is an excellent source of vitamin A, B, C, K, and good source of fiber and magnesium.