

MARCH
5 & 27

Produce
of the Month



Scan here to take our quick survey and be eligible for a prize!



SHOPPER TIPS

- Look for well-shaped cantaloupe with a sweet smell. They should feel heavy for their size and give slightly to gentle pressure near the stem end.
- Avoid dark green cantaloupe that feel hard and have no smell. If it has any super soft spots, it is over ripe.

WHAT'S IN IT FOR YOU?

- High in vitamin A. Vitamin A aids in maintaining normal vision and healthy skin, and protects against infections.
- High in vitamin C. Vitamin C helps to heal cuts and keeps teeth and gums healthy.
- A good source of potassium. Potassium helps control blood pressure.

SERVING IDEAS

- Cut cantaloupe into wedges and serve for dessert or a light snack.
- Blend low-fat yogurt, chopped cantaloupe, frozen strawberries, and a banana. Pour into paper cups and insert plastic spoons. Freeze for several hours for a light and healthy fruit pop.

PEAK SEASON

- You can buy Florida cantaloupes from March through July. This is five months out of the year!

STORAGE

- Store ripe cantaloupe in the refrigerator for up to one week. Wrap cut cantaloupe and store in the refrigerator for up to two days. Keep firm cantaloupe at room temperature until ripe.

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Cantaloupe Salsa

Prep Time: 25 minutes

INGREDIENTS:

1/2 large ripe cantaloupe	3 Tbsp finely chopped scallions
3/4 cup finely diced red bell pepper	juice of 1 lime
1/4 cup finely chopped cilantro	pinch of salt and hot pepper flakes

DIRECTIONS:

Remove seeds and rind from cantaloupe. (You should have approximately 1/2 pound cantaloupe flesh.) Chop cantaloupe into very small diced pieces. Put in diced cantaloupe into a bowl. Add diced red pepper, cilantro, scallions and lime juice. Stir. Add pinch of salt and pepper flakes. Chill. Serve with grilled chicken, fish or steaks.

Nutrition Facts Cantaloupe Salsa

Serving Size: 1/4 of recipe
Calories: 45, Calories from Fat: 5, Total Fat: 0g, Saturated Fat: 0g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 90mg, Total Carbohydrates: 11g, Dietary Fiber: 2g, Sugars: 9g, Protein: 1g, Vitamin A: 90%, Vitamin C: 160%, Calcium: 2%, Iron: 2%



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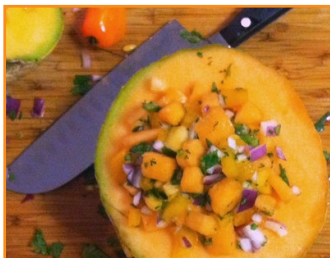
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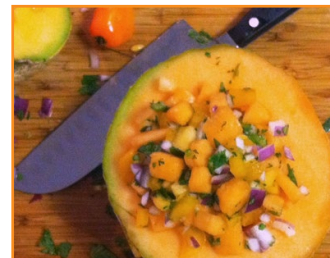
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