

CANTALOUPE

The **cantaloupe** is part of the large family of cucurbits, just like cucumbers and watermelon. This fruit owes its name to the Cantalupo estate in Italy, where the popes cultivated it in the 18th century! The melon continues to ripen even after being picked. It is ready to be consumed when it emits a hollow sound when tapped with the palm, or when a sweet smell emanates from it.

Store it as soon as you buy it!

- Keep it whole and unwashed for up to 5 days in the fridge once ripe.
- Cut into pieces in a container in the fridge for 2 to 3 days.



Make reserves!

From August to September.

ENJOY IT ALL YEAR ROUND!



By freezing it!

Cut it in half and remove the seeds. Put the halves in an airtight container and freeze for up to 3 months.

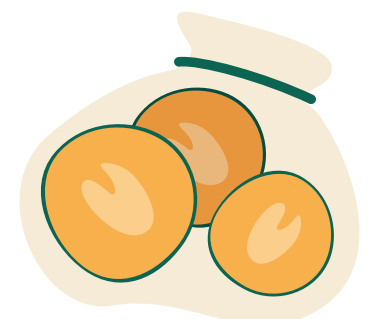
Recipe ideas: sorbet, granita, smoothie, dressing.



By dehydrating it!

Wash and seed, then slice very thinly, ideally with a mandoline, to spread out flat. In the oven, set to the lowest temperature for 9 to 10 hours. In a dehydrator, at 135°F, between 8 and 10 hours.

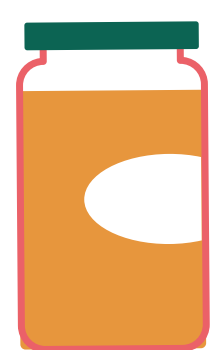
Recipe ideas: as chips, in salads.



By canning it!

Making jam is one of the best ways to preserve cantaloupes in canned form. Several recipes exist!

Recipe ideas: on bread, in yogurt, in pastries.



The dehydration instructions are from the Excalibur dehydrator manual.
Check yours and rely on the texture!