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Pump up your potassium! The potassium in cantaloupes can help lower blood pressure, alleviate muscle cramps and maintain proper fluid balance in the body.

DID YOU KNOW?

Cantaloupes are high in vitamin C and low in calories and sodium.

Cantaloupes belong to the same family as squash, pumpkins and cucumbers.

Cantaloupes are named for the papal gardens of Cantalupo, Italy, where some historians say this species

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Cantaloupe can be eaten right off of the rind, blended into a smoothie or scooped out in little balls for a decorative dish.

Bacteria can grow on the surface, so it is important