



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Cantaloupe

*Lakota: supǰéstola*



## Pick it!

Should have  
smooth, rounded  
stem scar and  
blossom end  
should yield  
slightly to touch.

## Try it!

Add to fruit  
salads, lettuce  
salads, fruit soups  
or salsa.

## Like it!



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S-0001-11

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

In season:



Summer

# Cantaloupe

*Lakota: suphéstola*

## Pick it!

Choose fruits with a sweet smell.

The cantaloupe should have a smooth, rounded stem scar and the blossom end (opposite of the stem scar) should yield slightly to pressure.

The outer rind should have raised, well-developed netting pattern with a yellow background. Some varieties retain green colored backgrounds when ripe.

Rind should be free of cuts or bruises.

If melon is not ripe when purchased, store at room temperature for 1-2 days.

## Try it!

When ripe, keep in refrigerator for about 5 days.

Do not rinse before storage, but scrub with a vegetable brush before cutting.

After cutting in half, scoop out seeds, discard before eating flesh.

Usually used raw in slices or chunks.

Add to fruit salads, lettuce salads, fruit soups or salsa; serve as dessert with ice cream.



## Types of Melons

**Cantaloupe:** Musky smell and orange flesh, commercial varieties actually muskmelons but called cantaloupes

**Honeydew:** Smooth, whitish rind, lime green to white flesh, sweetest of all melon varieties

**Watermelon:** Smooth, green and white rind with red flesh; many varieties of watermelon.



## Did you know...

Vitamin A affects eyesight, cell growth, immune function and bone growth. Deep orange and green leafy vegetables are excellent sources of vitamin A.



**Like it!**

## Cantaloupe Cooler

### Ingredients

- 1 ripe cantaloupe
- 2 ½ cups orange juice
- 1 Tablespoon sugar or artificial sweetener
- Crushed ice

### Directions

1. Cut melon in half. Scoop out and discard seeds. Cut into 1 inch cubes.
2. Use a blender or food processor to blend the melon and ½ cup orange juice until smooth.
3. Pour mixture into a pitcher and stir in the remaining orange juice and sweetener until dissolved.
4. Pour into glasses filled with crushed ice.

Yields 8 servings

#### Nutrition Facts per Serving:

Calories 71; Total Fat 0g; Cholesterol 0mg; Sodium 12 mg; Carbohydrates 17g, Dietary Fiber 1 g, Total Sugars 15 g, Added Sugars included 3g; Protein 1g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cantaloupe-cooler](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cantaloupe-cooler)

## Chilled Cantaloupe Soup

### Ingredients

- 1 cantaloupe, peeled, seeded and cubed
- 2 cups orange juice
- 1 Tablespoon fresh lime juice
- ¼ teaspoon ground cinnamon

### Directions

1. Place cantaloupe and ½ cup orange juice in a blender or food processor. Cover with lid and blend until smooth.
2. Transfer to a large bowl. Stir in lime juice, cinnamon and remaining orange juice.
3. Cover and refrigerate for at least 1 hour. Serve chilled.

Yields 6 servings

#### Nutrition Facts per Serving:

Calories 69; Total Fat 0g; Cholesterol 0mg; Sodium 16 mg; Carbohydrates 16 g, Dietary Fiber 1g, Total Sugars 14g, Added Sugars included 0g; Protein 1g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chilled-cantaloupe-soup](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chilled-cantaloupe-soup)

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# Cantaloupe

*Lakota: suphéstola*

- Choose one with a sweet smell and smooth, round stem scar.
- The blossom end (opposite stem scar) should give a little to pressure.
- Outer rind should have raised, well-developed netting with a yellow background.
- Rind should be free of cuts or bruises.
- Usually used raw, sliced or in chunks.
- Add to fruit salads, fruit soups, salsa or with ice cream.
- If not ripe when purchased, store at room temperature for 1-2 days.
- When ripe, fruit will keep in refrigerator for 5 days.
- Scrub with vegetable brush before cutting.

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## Cantaloupe Cooler

### Ingredients

- 1 ripe cantaloupe
- 2 ½ cups orange juice
- 1 Tablespoon sugar or artificial sweetener
- Crushed ice

### Directions

1. Cut melon in half. Scoop out seeds, remove rind and discard.
2. Cut melon into 1-inch cubes. Use a blender, food processor or hand mixer to blend the melon cubes with ½ cup orange juice until smooth.
3. Pour mixture into pitcher and stir in the remaining orange juice and the sweetener.
4. Stir until sweetener is dissolved.
5. Pour into glasses filled with crushed ice.

Yields 8 servings

#### Nutrition Facts per Serving:

Calories 71; Total Fat 0g; Cholesterol 0mg; Sodium 12 mg; Carbohydrates 17g, Dietary Fiber 1 g, Total Sugars 15 g, Added Sugars included 3g; Protein 1g

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## Chilled Cantaloupe Soup

### Ingredients

- 1 cantaloupe, peeled, seeded and cubed
- 2 cups orange juice
- 1 Tablespoon fresh lime juice
- ¼ teaspoon ground cinnamon

### Directions

1. Place cantaloupe and ½ cup orange juice in a blender or food processor. Cover with lid and blend until smooth.
2. Transfer to a large bowl. Stir in lime juice, cinnamon and remaining orange juice.
3. Cover and refrigerate for at least 1 hour. Serve chilled.

Yields 6 servings

#### Nutrition Facts per Serving:

Calories 69; Total Fat 0g; Cholesterol 0mg; Sodium 16 mg; Carbohydrates 16 g, Dietary Fiber 1g, Total Sugars 14g, Added Sugars included 0g; Protein 1g

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In season:



Summer

# Cantaloupe

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## Sampling Display Instructions

### Cantaloupe Cooler

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Cantaloupe	1 small	1 medium	2 small
Orange juice, cold	1 ½ cups	2 cups	3 cups
Artificial sweetener (Splenda, Equal etc.)	2 teaspoons	1 Tablespoon	1 ½ Tablespoons
Crushed Ice	Crushed ice	Crushed ice	Crushed Ice

### Directions:

Prepare 24-32 samples in one batch in the blender. For 48 samples, prepare 24 sample size twice.

1. Cut melon in half. Scoop out seeds. Remove rind, discard. Cut melon into 1-inch cubes.
2. Use a blender, food processor or hand mixer to blend the melon cubes with ½ cup orange juice until smooth.
3. Pour mixture into a sealable container. Stir in the remaining orange juice and sweetener. Stir until sweetener is dissolved.
4. Transport in a covered container in a cooler along with the crushed ice. Keep chilled.
5. Pour into sampling cups filled with crushed ice.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups
- Spoon or spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)  
[youtube.com/watch?v=p-SwbXm\\_o\\_kA](https://youtube.com/watch?v=p-SwbXm_o_kA)



### Notes:

- Prepare Cantaloupe Cooler. Keep chilled. Samples may be placed on a cake pan frozen with a layer of ice.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time in small cups. Ask parent's permission before children may sample.
- Ask them if they use cantaloupe often in their meals. Ask them if they could use this recipe.
- Point out that this recipe is a way to use cantaloupe that are slightly soft but still good.
- Lakota word translated by Jeshua Estes.

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## Sampling Display Instructions

### Chilled Cantaloupe Soup

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Cantaloupe, peeled, seeded and cubed	2 cups	2 ½ cups	1 cantaloupe
Orange juice	1 cup	1 ¼ cup, 1 tablespoon	2 cups
Lime juice	1 ½ teaspoons	2 teaspoons	1 Tablespoons
Cinnamon, ground	⅛ teaspoon	¼ teaspoon	¼ teaspoon

### Directions:

1. Place cantaloupe and ½ cup orange juice in a blender or food processor. Cover with lid and blend until smooth.
2. Transfer to a large bowl. Stir in lime juice, cinnamon and remaining orange juice.
3. Cover and refrigerate for at least one hour. Serve chilled.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon or, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
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[youtube.com/playlist?list=PLlIdDb7IZYqIWYg\\_nH3tCtQgNv0DcsstO](https://youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO)



### Notes:

- Prepare Chilled Cantaloupe Soup. Keep chilled. Samples may be placed on a cake pan frozen with a layer of ice.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples at a time in small cups. Ask parent's permission before children may sample.
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