

# CANTALOUPE

- ◆ Egyptians wrote about cantaloupes as far back as 2400 B.C.
- ◆ Cantaloupe are named for the papal gardens of Cantalupo, Italy, where some historians say this species of melon was first grown.
- ◆ Christopher Columbus brought cantaloupe to the Americas on his second voyage.
- ◆ The Cantaloupe is a good source of Folate( B vitamin), VITAMIN A & C. It is fat free and low in sodium. Folate is a nutrient needed for growth and the development of hemoglobin. Hemoglobin is a protein in red blood cells that carries oxygen.
- ◆ Most of the cantaloupe in the U.S. is grown in Arizona and California.

