Cantaloupe  (*Cucumis melo var. cantalupensis*)

**Origin**

The melon is thought to have originated in Africa, Mediterranean countries and the Middle East.

**Food Production**

Cantaloupes require warm temperatures. They are typically grown inside for 2 weeks before being planted outside so the plant has a better chance for survival in the soil. Soil high in nitrogen is usually desired because it produces heat. Since the fruit grows on vines they need a large area to grow. The vines can be spread out on the ground or space saved by using a trellis.

**Nutritional Qualities**

Cantaloupe is high in vitamin C, which helps repair body tissue. High levels of potassium are also found in cantaloupe, which helps with muscle and heart contractions.

**Famous Dishes**

Fruit salad, fruit kabobs, fruit with ice cream, cantaloupe soup.