

Fruits

CANTALOUPE MELON



Ref: MEL-01

Italian name: Meloni Cantalupi

Weight order: 8-10 kg

Description: A delicious sweet and juicy fruit which was named after the comune Cantalupo in Sabina near Tivoli, Italy. Cantaloupe melons are an excellent source of vitamin A and vitamin C, and a good source of potassium.

Season: from May to December

Serving suggestion: Cantaloupe is normally eaten as a fresh fruit, as a salad, or as a dessert with ice cream or custard. Melon pieces wrapped in prosciutto are a familiar antipasto.