

FAMILY NEWSLETTER

CANTALOUPE

This month the children will be learning about and trying cantaloupe. A cantaloupe is a fruit known by several names (muskmelon, muskmelon, rockmelon, sweet melon). The orange flesh inside is usually eaten as fresh fruit, as a salad, or as a dessert. They're also packed with Vitamin A and several antioxidants, providing us with many health benefits!

Cantaloupe Popsicles Recipe

Materials Needed:

- Popsicle Molds
- 8 parts cantaloupes
- 2 parts pineapples
- 1-part milk

Directions:

- Puree ingredients together
- Freeze for 3-4 hours until solid

Fun ways to eat
cantaloupe

Smoothies

Popsicles

Cantaloupe fruit salad

Cantaloupe Sorbet

