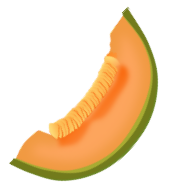


# Gleaning Cantaloupe



**farmers Against Hunger**



## Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

**Nutrition Facts:** 1 Cup Cantaloupe, **Protein:** 1.3 g, **Fat:** .3 g, **Carbohydrates:** 13 g, **Fiber:** 1.4 g, **Sugar:** 12 g, **Calcium:** 14 mg, **Magnesium:** 19 mg, **Potassium:** 427 mg, **Vitamin C:** 59 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

**Recipe:** *Cantaloupe Smoothie*

**Season:** *Summer/Fall*

**Ingredients:** 2 Cups cantaloupe, 1 Cup greek yogurt, 1 ½ Tbsp. pure maple Syrup OR honey, 1 ripe banana, 1 Cup ice (add more ice or freeze the cantaloupe for a thicker Smoothie)

**Instructions:** Place all ingredients into a blender and blend until smooth.

Enjoy!

## Fun Facts:

- ★ Cantaloupe is called 'rockmelon' in Australia
- ★ When choosing cantaloupe, use your nose: pick the cantaloupe that smells the sweetest.
- ★ It takes cantaloupes 3-4 months to grow before they are mature enough to be picked.
- ★ Cantaloupes received their name from Cantalupa, Italy, where they were cultivated in the 1700's.
- ★ Cantaloupes are related to honeydew, pumpkins and Squash.

Source: Wisconsin Department of Public Instruction

For more information on **Farmers Against Hunger and NJ Agricultural Society,**  
Or to make a donation,

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