

Cantaloupe

- Cut open, remove seeds & outer rind.
- Pair with prosciutto, ball and skewer onto kebabs, or slice and serve with a sprinkle of lemon juice as an easy snack.
- Eat soon (within 1 week)

Store for 2-4 days on countertop until ripe.
Cut and store in fridge for up to 1 week once ripe.

To freeze: cut in half, remove seeds & separate fruit from rind to dice into pieces. Spread on baking sheet & allow to completely freeze before placing in a plastic bag.

