

**Sandusky City Schools**  
**Dining Services & Mulvin's Farm**  
**Farm to School Program**  
**Fruit or Vegetable of the Month**  
**January's Fruit or Vegetable:**

**CANTALOUPE**



**Dave Mulvin's techniques for planting and care of  
Cantaloupe (Muskmelon):**

*Cantaloupes are both difficult and exciting to grow. Begin by purchasing high quality disease resistant seed. Cantaloupes are very susceptible to powdery mildew (disease) and some resistance in the seed variety is helpful. Once soil temperature has reached 72-80 degrees F (usually early June) you are ready to begin. Block plastic mulch is necessary to be placed on top of the soil to help with moisture retention and warm soil temperature. Use a small amount of a 6-24-24 fertilizer with micronutrients. The # represents 6% nitrogen, 24% phosphorus and 24% potassium by weight (these are macronutrients). Micronutrients especially manganese is important in cantaloupe production and should be a part of the fertilization program. After mixing the fertilizer into the soil, place the mulch over the soil. The*

*mulch should be 3 feet by however long a row is desired. Cut a small hole in the center of the plastic every 3 feet for the length of the plastic. Place 3 to 4 seed in each hole no more than 1 inch in depth. The seed will germinate in 7-10 days. The mulch will help keep out most weeds but some may need to be removed near the newly emerged cantaloupe as it grows. Usually normal rainfall is plenty of water but if more than 2 weeks pass without rain a light watering will help. Cantaloupe does best without a lot of water and a lot of heat. The plants will become very big. As flowers develop they will need a bee source to pollinate them. We have honey bee colonies that are moved from farm field to field as crop rotations occur annually. The home owner must rely on local hives or try to use a Q-Tip and go from flower to flower (bees are much better than us). After about 2 months of growth melons can be seen growing under the leaves. Wait for the netting to become prevalent and the fruit to turn from green to yellow. Once they turn yellow they have vine ripened and will be at the peak of flavor and firmness.*

*Good Luck!*

*Farmer Dave*

## **Cantaloupe Nutritional Facts:**

**For complete nutrition facts about Broccoli please click on this link:**

**<http://www.dietandfitnesstoday.com/calories-nutrition-facts.php?id=09181>**

**If you would like more detailed information about Cantaloupe including:**

**The history of Cantaloupe**

**Medicinal uses of Cantaloupe**

**Preparation of Cantaloupe**

**Recipes for Cantaloupe**

**Please go to this link:**

**<http://www.vegparadise.com/highestperch46.html>**

***We hope you will join Sandusky Dining Services and Mulvin's Farm in promoting healthy eating in your household.***