

A large, stylized background image of a cantaloupe melon, showing its characteristic green and tan striped rind and orange-red flesh. The word "Cantaloupe" is written in a large, orange, cursive font across the top of the image.

# Cantaloupe

- One serving (¼ of a medium melon) provides more than 400% of your daily vitamin A, and it also provides nearly 100% of your daily vitamin C!
- The rind is rich in nutrients so the whole melon may be juiced.
- Cantaloupes were cultivated in Egypt's Nile valley as early as 2000 B.C.
- Cantaloupes are named for the papal gardens of Cantaloupe, Italy.

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