



# Local cantaloupe

Availability:  
july to september

## Benefits

→ We love this fruit for its juicy flesh and sweet fragrance!

It belongs in the family of Cucurbitaceae, just like zucchini and squash.

→ It's simply delicious!

It's just as good eaten on its own or used in a variety of dishes. It's perfect as a simple dessert or a light and fresh appetizer.



## WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

## Cantaloupe gazpacho



PORTIONS : 2 TO 3

10 MIN

### Ingredients

- ¼ cantaloupe, cut into cubes
- 2 plum tomatoes, diced
- ⅓ English cucumber, diced
- 60 ml (¼ cup) onion, diced
- 1 clove garlic, chopped (optional)
- 15 to 30 ml (1 to 2 tbsp) red wine vinegar or lemon juice
- Fresh herbs to taste (mint, basil)
- Salt and pepper

### Directions

- 1 Place all the ingredients in the food processor and blend to obtain the desired consistency.
- 2 Before serving, adjust the seasoning to your liking by adding vinegar, lemon juice, fresh herbs, tomato paste, etc.

#### Note

If you don't have a food processor, you can convert this recipe into a salad or bruschetta and serve it with croutons.

Source : Julie Strecko, RD

## Cantaloupe ketchup



PORTIONS : 3

15 MIN 1H30 MIN

### Ingredients

- ½ cantaloupe, finely diced (500 ml or 2 cups)
- 3 to 4 tomatoes, diced (1 ¼ cup)
- 500 ml (2 cups) fruits of your choice (apples, pears, peaches), finely diced
- 1 onion, finely diced
- 2 celery stalks, finely diced
- 60 ml (¼ cup) sugar
- 125 ml (½ cup) white vinegar
- 10 ml (2 tsp) salt
- 2.5 ml (½ tsp) ground coriander
- 2.5 ml (½ tsp) dry mustard
- 1.25 ml (¼ tsp) pepper
- 1.25 ml (¼ tsp) ground cinnamon
- 1.25 ml (¼ tsp) ground ginger
- 1.25 ml (¼ tsp) ground cloves

### Directions

- 1 Place all the ingredients in a large pot and mix.
- 2 Cover and cook over medium heat for approximately 1h30 min, stirring occasionally.
- 3 Store in the fridge.

Source : Julie Strecko, RD

### Bonus - roasted melon seeds

- Like squash and pumpkin seeds, melon seeds can be roasted and added to your salads or appetizers!

