

CORPUS CHRISTI PRODUCE CO.

September 2010 Newsletter

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September



Let's not Labor a Day over what to refresh ourselves with this month. Grab a round, ripe and delicious firm Cantaloupe!

The Cantaloupe probably originated in India or Africa and based on research evidence, they were originally cultivated by the early Egyptians around 2,000 BC. It is generally believed that the Greeks and Romans cultivated them after the early Egyptians. It also seems that Cantaloupe was introduced to North America by Christopher Columbus on his second voyage to the Americas after 1494. The Burpee seed company developed and introduced the "Netted Gem" variety of Cantaloupe in 1881 which was derived from varieties that had been growing wild in North America.

Cantaloupes need warm temperatures, well draining sandy soil and plenty of water to grow throughout a relatively long growing period. Cantaloupes grow on long vines, are shaded partly by the vines' large green leaves and love lots of warm sunshine.

Cantaloupe are often picked, and shipped, before fully ripening. Cantaloupe is normally eaten as a fresh fruit. They are also used in salads, or as a dessert with ice cream or custard. Cantaloupe pieces wrapped in prosciutto are a familiar antipasto and make a

wonderful salty and sweet treat. Cantaloupe keeps well when stored in a cool, dry



place and ripens after several days in a warm room.

Like all fruits, be sure to wash the Cantaloupe thoroughly before cutting through the outer skin. They have an outer skin, or rind protecting a sweet flesh surrounding a core filled with seeds. Typically, the Cantaloupe is considered a fruit and Squash is considered to be a vegetable. Close relatives include Casaba Melons and Honeydew Melons.

Cantaloupes have significant amounts of Vitamins A and C, are considered to be a good source of potassium. The rind is rich in nutrients so the whole melon may be juiced. One cup of fresh Cantaloupe contains more

than the 100% of the daily recommended allowance Vitamins A and C. The orange color of the fruit indicates that they are a rich source of beta carotene. Cantaloupes should be a part of any cancer fighting diet because they are rich in antioxidants.

By the way, here's the best way to check your Cantaloupe for ripeness - 1st) tap the melon with the palm of your hand and for a hollow sound; 2nd) choose a melon that seems heavy for its size without bruises or overly soft spots; and 3rd) the end opposite from where the stem was should be slightly soft, and you should be able to smell the fruit's wonderful musky sweetness. Cantaloupe slices stored in the refrigerator at home make a wonderful snack for adults and kids alike. Keep plenty on hand to help curb that sweet tooth.



Boost your brain power!

(Answers at the end of the page - don't peek!)

1. True or False. Most of the fruit we call Cantaloupe is really Muskmelon.
2. The largest Cantaloupe ever grown in Alaska weighed how much? a) 4 lbs; b) 12 lbs; c) 27 lbs; d) 64 lbs
3. Which state grows the most Cantaloupes for market? a) California; b) Arizona; c) Texas; d) New Mexico.

"Recipe of the Month"

Un-Canny Cantaloupe Soup



Ingredients:

- ☺ 1 ripe cantaloupe
- ☺ 1 cup of water
- ☺ 4 tbsp sugar
- ☺ 4 sprigs fresh mint
- ☺ Juice of 1/2 a lime
- ☺ 1 tsp fresh lime zest
- ☺ 4 tbsp heavy cream

Directions:

Put the water, sugar, two sprigs of mint leaves, lime juice and lime zest in a small saucepan and boil for about 10-minutes until the mixture reduces and becomes syrupy. While the mixture is reducing, clean and seed the Cantaloupe. Scoop the flesh into a blender. Remove the reduced syrup from the stove and pour the syrup through a sieve over the

cantaloupe (you will want the sieve to remove the mint leaves and lime zest). Pulse the blender a few times to blend the ingredients and then puree for a few seconds until the mixture is smooth. Skim the froth off the top and discard and then place the soup in the refrigerator until well chilled, about 2 hours. When you are ready to serve, pour into chilled bowls, then garnish with a swirl of heavy cream and a few mint leaves. Makes four servings - ENJOY!

If YOU would like to share a favorite recipe, please email Margaret@ccproduce.com, or call Margaret Jataine. Next month's featured produce will be Apples! Get your recipes in quick!!



Margaret's Message:

"We are so excited that school is back in session! We enjoy the great

relationships we have with all of our local and regional schools.

Making sure the schools get the best and freshest produce available is our way of helping our generations of American youth grow bright and strong. We believe that featuring various fruits and vegetables in our monthly newsletter helps everyone know a little more about the history and benefits of all the produce we provide.

Please send us an email letting us know what you might like to see in a future newsletter. Our goal is to make sure that we are serving you to the best of our ability. Thanks again for everything!"

**Answers to the Riddles:

1. True. Cantaloupe just sounds better don't you think? A true Cantaloupe is a hard skinned dense melon and not as sweet, generally only grown in France.
2. d) It set the new Guinness record.
3. a) California. They are grown in two different regions where the growing seasons vary by months giving us a long period where great melons are available.

Code of the West - 10 Principles:

6. When you make a promise, keep it.

James P. Owen, "Cowboy Ethics"

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