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Cantaloupe

Rocky Ford melons are recognized for their sweetness. Colorado ranks 6th nationally in cantaloupe production. In 2006, Colorado produced more than 27 million pounds of cantaloupe valued at \$5 million.

Cantaloupes are very low in sodium, fat free and are an excellent source of Vitamin A and Vitamin C.



Look for Colorado cantaloupe at your local grocery store, farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown throughout Colorado.

Visit

www.coloradoagriculture.com for a complete list of recipes.

Cantaloupe Soup with Melon Kabob

Chef Justin Barbour, ACF Colorado Chefs Association

Serves 4-6

Soup

1 Cantaloupe
1 cup Blush Champagne (non-alcoholic can be substituted)
1 tbsp. Concentrated Orange Juice
1/2 cup Half and Half
1 tbsp. Honey
1/2 tbsp. Sugar
1/2 tsp. Nutmeg
5 Mint leaves, chiffonade

Peel and seed cantaloupe. Cube cantaloupe and add to a blender, along with all the rest of the ingredients. Puree until smooth. Chill in refrigerator for at least an hour before serving.

Kabobs

1/2 Cantaloupe
1/2 Honeydew
2 cups Sugar
2 cups Water
1/2 cup Lime Juice
1 Jalapeno, seeded with veins cut out, roughly chopped
4 tbsp. Red Chili Powder
6 to 8 Skewers

Peel and seed cantaloupe and honeydew. Dice into 1 to 1½ cubes. Skewer, alternating between the two. In a small sauce pan add the water and sugar. Heat on medium until sugar dissolves, about 5 minutes. Mix sugar syrup, lime juice, jalapeno, and red chili together. Marinate melon skewers in mixture for an hour in refrigerator, turning melon occasionally. Preheat grill to low and cook kabobs on both sides until brown marks on the outside and the fruit is warm, about 6 minutes total. Finish by lightly brushing the marinade over the cantaloupe and serve with chilled soup.

Enjoy with a Colorado wine, such as a glass of Gewurztraminer from Stoney Mesa Winery, located in Cedaredge, Colorado.

Next Month... Pears