

FRESH
IN SEASON



CRENSHAW MELON

DESCRIPTION

The Crenshaw melon is similar in color and flavor to cantaloupe. It's ribbed rind changes from dark green to golden green as it ripens and has peach-colored flesh.

HIGHLIGHTS

Pairs well with cured meats, white wine, lime, chilies, mint, and fresh mozzarella.

Excellent source of vitamins A, B6, and C.

They are often simply eaten raw, but are full-flavored and sturdy enough to stand up to cooking.

Its sturdy flesh is great for cooking and can be seared to caramelize its natural sugar content.



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