

I'm not a robot

































As a leader in digital health publishing for more than 25 years, weMD strives to maintain the most comprehensive and reliable source of health and medical information on the internet. We recognize the responsibility that comes along with being the most well-known and trusted health information platform — and we take that responsibility seriously by:01Charging our content creators to practice journalistic principles of excellence and provide objective, accurate, and balanced reporting02Maintaining editorial independence and transparency into how we protect the integrity of our content03Regularly reviewing and updating our content by working with our network of more than 100 doctors and health experts04Learn more about our Editorial Process How can financial brands set themselves apart through visual storytelling?0 Our experts explain how.Learn MoreThe Motorsport Images Collections captures events from 1895 to today’s most recent coverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors’ Picks.Browse Editors’ FavoritesHow can financial brands set themselves apart through visual storytelling?0 Our experts explain how.Learn MoreThe Motorsport Images Collections captures events from 1895 to today’s most recent coverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors’ Picks.Browse Editors’ Favorites In a nutshell: Yes, you can freeze cantaloupe to preserve it for future use in various recipes such as fruit salads, smoothies, sorbets, and more. Although the texture may change slightly, frozen cantaloupe remains flavorful and versatile. Cantaloupe is a deliciously sweet and juicy summer melon. However, as with most ripe fruit, once cut, it does not have a long shelf life. So how can you preserve some of this tasty orange-colored summer fruit for year-round enjoyment? Freeze it! Yes, despite its high water content, cantaloupe can be frozen. In this cantaloupe freezing guide, you will learn how to preserve melon in the freezer for up to a year and discover delicious ways to use it after thawing. Cantaloupe may not retain its firm texture completely on freezing, but you can freeze cantaloupes to preserve them for long-term use. Once thawed, cantaloupe will still be great to add to fruit salad and will be a perfect addition to smoothies. Other fantastic things one can make with frozen cantaloupe is sorbet, fruit compote, melon gazpacho, cantaloupe ice cream, frozen yogurt, and cantaloupe cocktails. In fact, there are so many delicious things that you may want to purchase a double batch specifically to place some of it in the freezer. Since cantaloupe is largely made of water, it is prone to spoil easily. Take special care by following the below instructions when freezing cantaloupe. For the best quality, always pick fresh cantaloupes that have just been cut. If you are freezing leftover cantaloupe that has already been sliced and refrigerated for a day, make sure it is still firm and slightly crisp. Avoid freezing any soggy or soft parts as these will not freeze well and are prone to breeding harmful bacteria. Give uncut cantaloupe a good wash in cold water before handling. Halve the cantaloupe and remove the inner seeds. Use a melon-baller to scoop out small round balls or carve the flesh away from the peel with a sharp knife and then cut it into chunks or slices. There are different ways in which you can prepare the cantaloupe for freezing. The method you choose may depend on how you wish to use the cantaloupe after freezing. Once you have cut cubes or made cantaloupe balls, portion the pieces into the amount you would want to defrost at a time. One to two cup portions are ideal. Coating the fruit in sugar will help to preserve the flavor and color whilst frozen. Sprinkle granulated sugar over the fruit and toss to coat well. Place the sugar-coated cantaloupe chunks into ziplock freezer bags and press out any air before sealing tightly. Alternatively use a freezer-friendly airtight container. Plastic wrap is not ideal, but if its all you have on hand, wrap the melon in a few layers to make sure there are no gaps, another way to help preserve the cantaloupe flavor and texture by submerging the fruit in a simple syrup. The result after thawing will be somewhat similar to canned fruit. This method of using the cantaloupe in a dessert, cocktail or smoothie. To make a light sugar syrup, combine 9 cups of water with 2 ½ cups of granulated sugar (120ml water and 425g sugar). Heat them together in a saucepan. Bring the mixture to the boil and stir until the sugar has completely dissolved. Once dissolved, the mixture will be clear or slightly white, remove it from the heat and let it cool. Portion the melon chunks into airtight freezer-friendly containers or ziplock freezer bags. Pour the cooled syrup over the cantaloupe pieces until just covered. If using a container, place a piece of parchment paper against the surface of the fruit to keep it submerged and protected from the air before closing. If using freezer bags, press out any air before sealing them. Freezing pureed cantaloupe is perfect for use in smoothies. Place the cut cantaloupe in a blender and blitz until smooth. Pour the puree into an ice cube tray and place in the freezer to harden completely. Once fully frozen, remove the cubes from the tray and place them into a freezer bag, removing the air from the bag before sealing. If preferred, you can also freeze the puree in larger portions instead of in ice cubes. Pour the puree into freezer containers or a ziplock freezer bag. Make sure to press out the air from the top of the bag before sealing to prevent freezer burn. Regardless of the method you have chosen, label the container or freezer bags with the date. This way you can keep track of how long you have stored the cantaloupe in the freezer. When you place the cantaloupe in the freezer, make sure it won’t get squashed by other heavy items. To defrost the cantaloupe, simply remove it from the freezer and place it in the fridge. It is best to put the container or freezer bag onto a plate or in a bowl to catch any water running off the container during thawing. Leave overnight to thaw. If frozen in a sugar syrup, stir the mixture occasionally. Do not leave the cantaloupe to thaw at room temperature. If you are using it in a smoothie, you can add it directly from the freezer without thawing. Although European Cantaloupe and North American Cantaloupe have slightly different outer skin, they both offer a sweet and juicy orange flesh and similar taste. It has many names such as sweet melon, rockmelon, or spanspek. The center of the melon contains seeds that are usually removed before cutting, however, the seeds can be eaten, or dried and used as snacks. Cantaloupe is most often eaten plain sliced, in a fruit salad, as part of a fruit platter or for dessert. Cantaloupe can also be paired with prosciutto for a perfectly sweet-salty combination. How long do fresh cantaloupes last?Sliced fresh cantaloupe will last for 5 days in the refrigerator, while a whole, uncut cantaloupe can last for up to 10 days. How long does frozen cantaloupe last?If stored properly and kept at a consistent temperature, cantaloupe can last in the freezer for 10 to 12 months. The texture and taste are always better the sooner it is consumed. Once thawed, store the cantaloupe in the refrigerator and consume within 5 days. © Louise BrodieScientific name: Cucumis melo Common Name: Cantaloupe, Melon, Sweet Melon, Musk melon or SpanspekThe Cantaloupe plant is said to have originated in the South West of Asia where it was first called a Musk Melon because of its delicious smell when ripe. The fruit was later introduced into Europe and named after a town in Italy called Cantalupo where it was planted after seeds were introduced from Armenia in the Persian Empire. There is an interesting story behind what some believe to be the origin of the Afrikaans name for cantaloupe, spanspek. It is said to originate from Spaanse spekk meaning Spanish bacon. Lady Juana Maria Smith, the Spanish wife of Sir Henry (Harry) Smith (he preferred to be called Harry), a Governor in the Cape Colony in the mid 1800’s, preferred Cantaloupe or Musk Melon for her breakfast while her husband preferred eggs and bacon. Because of her Spanish heritage this unusual choice was termed her ‘Spanish bacon’ breakfast by their staff.Cantaloupe Plant DescriptionThe cantaloupe is part of the cucurbit family. Cantaloupes grow on a vine that has tendrils which spread across the ground. The vine can be trellised for the smaller melon varieties. The plant has an extensive shallow root system that can spread throughout the area covered by the leaves and vines. It has a supporting tap root that descends to about 30 to 40 cm. It is therefore important to control weeds and irrigate regularly as most of the roots are in the top 20 cm of soil.Uses of CantaloupeCantaloupe is a fruit that is eaten fresh on its own. It can also be juiced or combined with other fruit in fruit salad as a dessert. Some varieties are also sometimes dried.Soil Requirements and PreparationAlways have your soil analysed before preparation to ensure that all the required macro and micro nutrient deficiencies that exist in the soil can be addressed before planting. Cantaloupe does best on sandy loam to slightly loam soils. High clay content hampers root development and drainage. Soil pH should be between 6.0 and 7. About eight weeks before planting apply the required phosphates and lime to adjust pH and organic material like compost or manure, then deep plough the land to about 60 cm. About two weeks before planting prepare the top soil seedbed. This is done by disk harrow or rotavator to break up the soil sods and remove any weeds that have started to grow. If planting is to be on raised seed beds or ridges these should be also prepared two weeks prior to planting. If drip irrigation is to be installed this should also done at this point and if plastic mulching is used this is laid out over the ridges at this stage.ClimateCantaloupes like a warm climate and do best when daytime temperature range between 20°C to 30°C and when nights temperatures below 15°C are rare. Growth slows drastically if temperature drop closer to 10°C. Below 10°C the development of the fruit is adversely affected and results in loss of production. The plant is frost sensitive and young plants can be killed by it. Rain during the latter part of the growth period also adversely affects the fruits storage ability. Rain also promotes fungal growth.Cantaloupe CultivarsHoneydew, Galia, Hales Best, Piel de Sapo, Imperial, Edisto, Eastern Shipper, Majestic, Charentais, Fargo and Caribbean King are some of the varieties and there are many more. For the best variety for your area of production it is best to get advice from your extension officer or local seed specialist. By Louise Brodie Today, we’re tackling a juicy topic: cantaloupe. This succulent fruit is a staple for its refreshing sweetness, but sometimes, we find ourselves with more cantaloupe than we can consume before it spoils. So, the burning question emerges: Can you freeze cantaloupe? I’m here to tell you, yes, indeed, you can! Freezing cantaloupe is a fantastic way to preserve its freshness and ensure you have this delicious treat on hand whenever you desire. I’m Christopher, I’m a food expert with a focus on easy, fun recipes and nifty kitchen guides. I’ve learnt so much from spending so much time in the kitchen, and my mission is to enrich your life with simple answers to common food questions. This post is your go-to guide for freezing cantaloupe at home, answering all your pressing queries about turning this summer delight into a year-round pleasure. Join me as I share how I’ve used this method for freezing leftover cantaloupe time after time with perfect results! There are several reasons why you might want to freeze cantaloupe. Maybe you bought too much and don’t want it to go to waste, or you want to have some on hand for smoothies or fruit salad. My favourite reason to freeze cantaloupe is to extend its shelf life, so I can enjoy this fruit even when it’s not in season. Freezing cantaloupe is easy and can be done in just a few simple steps. Here’s how to do it: Start by selecting ripe cantaloupe that is sweet and juicy. Wash the fruit under running water, and then cut it into cantaloupe pieces or cantaloupe chunks, depending on how you plan to use it later. Remove seeds and rind. Place the cantaloupe pieces or chunks in a single layer on a baking tray or cookie sheet lined with plastic wrap. This will prevent them from sticking to the tray and make it easier to remove them later. Place the baking tray in the freezer and freeze the cantaloupe pieces or chunks for a few hours or until they are frozen solid. Once the cantaloupe is frozen, remove it from the baking tray and transfer it to a freezer bag or airtight container. Label the container or freezer bags with the date and contents, so you can keep track of how long it has been in the freezer. Yes, you can freeze cantaloupe cubes using the same method as described above. The only difference is that you will cut the cantaloupe into smaller cubes before freezing. Yes, you can freeze pureed cantaloupe. It freezes well and is great for later use in smoothies, sauces, or desserts. Store it in airtight containers or freezer bags for up to 6 months for the best quality. Frozen cantaloupe can last up to 8 months in the freezer if stored properly in an airtight container or freezer bag, given that you’ve followed the method above. Suggested: Can you freeze oranges? Yes, you can eat frozen cantaloupe. It makes for a refreshing, icy treat and is excellent in smoothies, or you can enjoy it directly from the freezer as a cool snack on hot days. The texture will be different from fresh cantaloupe, but the flavor remains delightful. Yes, frozen cantaloupes can taste good, especially when used in smoothies, sorbets, or as a cold, refreshing snack. While the texture may change and become softer once thawed, the sweet and fruity flavor of cantaloupe is well-preserved when frozen properly. Frozen cantaloupe can be used in a variety of ways, making it a versatile ingredient to have on hand. Here are a few ideas for using frozen cantaloupe: Frozen cantaloupe adds a sweet and refreshing flavor to smoothies. Blend it with your favorite fruits and vegetables, such as strawberries, bananas, and spinach, for a healthy and delicious drink. Try this recipe! Defrosted cantaloupe chunks can be added to a fruit salad for a sweet and juicy addition. You can mix it with other fruits such as grapes, kiwi, and blueberries for a colorful and tasty salad. Frozen cantaloupe can be blended with some ice and honey to make a delicious sorbet. You can also add some mint leaves for extra flavor. Cantaloupe cubes can be used in baked goods such as muffins, bread, and cakes. Simply defrost the cantaloupe and chop it into small pieces before adding it to the batter. Frozen cantaloupe cubes can be used as a base for smoothie bowls. Blend the cantaloupe with some yogurt and other frozen fruits such as strawberries, blueberries, and bananas for a healthy and filling breakfast. Frozen cantaloupe can be blended into a puree and poured into ice cube trays. Add the cantaloupe ice cubes to water, lemonade, or your favorite cocktail for a refreshing and fruity twist. Remember to always thaw frozen cantaloupe before using it in recipes. Enjoy the delicious taste of ripe cantaloupe, even in the off-season by using frozen cantaloupe. Can you Freeze Kiwi? Find out here! Use ripe cantaloupe for the best flavor and texture. Cut the cantaloupe into small pieces or chunks for easy freezing and storage. Freeze cantaloupe on a baking tray before transferring it to a freezer bag or container. Label the freezer bag or container with the date and contents. Frozen cantaloupe can be added to smoothies or used in fruit salad. To prevent freezer burn, make sure your container or freezer bag is airtight. Suggested: How to Safely Freeze Orange? The best way to defrost frozen cantaloupe is to thaw it slowly in the refrigerator. Simply remove the frozen cantaloupe from the freezer and place it in a container or a plastic bag. Then put it in the fridge and let it defrost for several hours or overnight. Room Temperature Method: You can also defrost cantaloupe at room temperature. To do this, remove the frozen cantaloupe from the freezer and place it on a plate or a bowl. Then, leave it on the kitchen counter for a few hours or until it has thawed completely. Running Water Method: If you need to defrost cantaloupe quickly, you can use the running water method. To do this, place the frozen cantaloupe in a plastic bag and seal it tightly. Then, hold the bag under running cold water for a few minutes or until the cantaloupe has thawed. After defrosting cantaloupe, it is best to consume it immediately. Thawed cantaloupe may not have the same texture and flavor as fresh cantaloupe, so it is best to use it in smoothies or fruit salads rather than eating it on its own. Cantaloupe is a delightful fruit that can easily be frozen and savored at a later time. By adhering to the straightforward steps outlined, you have the power to freeze cantaloupe right in the comfort of your own home, ensuring you can relish this sweet treat whenever the craving strikes. Just be sure to place the frozen cantaloupe in an airtight container or freezer bag to maximize its shelf life and protect its quality. If you have any questions about the process or need further tips, feel free to drop them in the comments, and I’ll make sure to answer any queries you may have. Christopher is a food and lifestyle expert, recipe developer and the content creator behind My Eighty Five. With over 6 years of creating recipes for your favourite food brands, he also shares tips, tricks and how to’s that he has learnt over the years. Every week, he shares quick, simple and mostly healthy recipes along with some home and entertaining tips. You will find flavorful cocktails, delicious appetizers, tasty mains and some indulgent desserts. It’s a juicy, orange summer fruit that’s related to the watermelon and honeydew melon. It also belongs to the same plant family as cucumbers, pumpkins, squashes, and gourds. The semisweet cantaloupes most familiar to people in the U.S. are a type of muskmelon called Cucumis melo reticulatus. Reticulatus means “net-like” in Latin and refers to the cantaloupe’s rough, webbed outer skin. Cantaloupe vs. honeydewMost cantaloupes contain mostly water. But cantaloupe and honeydew are among the juiciest fruits, with water of about 90 percent. You can easily tell the two fruits apart. Cantaloupes are round and less sweet with a softer flesh than honeydews. Their rind color can range from light green to tan. Honeydews, on the other hand, have a light green rind and flesh and more of a round to slightly oval shape than cantaloupe. There are also a couple of key nutritional differences between the two melons. Cantaloupe has twice as much vitamin C as honeydew, with about 100% of your daily value (compared with 51% in honeydew) in a 1-cup serving. Compared with honeydew melons, cantaloupes pack a lot more beta-carotene, an antioxidant whose pigment gives fruits an orange or yellow color. Beta-carotene converts into vitamin A, which supports immunity, skin, bone, and eye health.Cantaloupe vs. muskmelonMuskmelons are any variety of melons with netted rinds that belong to the gourd family, including cantaloupes. All cantaloupes are muskmelons, but not all muskmelons are cantaloupes. Cantaloupes are the most popular type of muskmelon. Honeydews are also muskmelons, along with casaba melons and Persian melon. Cantaloupe adds sweetness to many salads. It pairs well with avocado, mango, and berries. (Photo credit: Margoullat/Dreamstime) Cantaloupes can be a great addition to your diet. One cup of fresh cubes of cantaloupe counts as one serving. It has 53 calories, 6% of your daily serving of fiber, about 1 gram of protein, and zero fat and cholesterol.Cantaloupes are also low in carbohydrates, with 13 grams per 1-cup serving. When you eat fruits that are low in carbohydrates, you can eat larger amounts and better manage your blood glucose levels. They pack:100% of the daily value of vitamin C, a powerful antioxidant that protects your cells from damageAll your daily needs for vitamin A, which helps keep your eyes, skin, bones, and immune system healthyAbout 12% of your recommended daily potassium, important for your heart, muscles, and blood pressureCantaloupes are also full of other vitamins and minerals, including: FolateCalciumZincCopperVitamin KNicotinamideMagnesiumPhenolManganeseSeleniumCantaloupes contain compounds called phytonutrients with anti-inflammatory properties. Long-term inflammation can damage your cells and lead to diabetes, cancer, and other diseases. Cantaloupe also may hydrate you. Cantaloupes are almost as juicy as watermelons. They’re also filled with electrolytes, which are minerals that balance our body fluids and help us stay hydrated.Protect against damage from age-related macular degeneration. Cantaloupes have lutein and zeaxanthin, two antioxidants that give fruits and vegetables their yellow and red colors. Combined with vitamin A, these antioxidants play an important role in protecting your vision and eye health. They may also help slow the progression of age-related macular degeneration.Help prevent asthma. Beta-carotene, found in cantaloupes as vitamin A, may help prevent asthma later in life. Choline, an antioxidant found in cantaloupes, may also help reduce inflammation in people with asthma.Lower blood pressure. The fiber, potassium, and vitamin C present in cantaloupes are important nutrients for your heart health. Potassium can help lower high blood pressure, which is a risk factor for heart disease. Fiber helps lower the levels of “bad cholesterol” in your body. It can also keep your blood pressure in check.Reduce your risk of cancer. The fiber in the fruit can help reduce your risk of developing colorectal cancer. The antioxidants in cantaloupes that fight inflammation and reduce oxidative stress can also help reduce your risk of cancer.Aid digestion. The high amount of liquid content and low carbohydrate count give cantaloupes a low glycemic load score of 4. That means your body digests it slowly, and it won’t make your blood sugar spike. So it’s a great pick for people with diabetes.Nourish skin and promote hair growth. A cup of cantaloupe has more than 100% of your recommended daily intake of vitamin A. It also has nearly 100% of your recommended daily value of vitamin C. Both of these nutrients also play a major role in maintaining skin health. Vitamin C helps support your natural collagen production, the primary structural protein in hair, cartilage, and skin.Cantaloupes are one of the most common fruits and vegetables involved in foodborne illnesses. Their textured, net-like rind can trap bacteria that cause illness. It’s best to wash cantaloupes thoroughly with water. You can also use a produce brush to scrub the rind. Wash cantaloupes in a sink of water with a few drops of white vinegar. Rinse thoroughly. Dry with a clean towel. Don’t wash cantaloupe in the sink because your organs may not be able to get rid of all the extra potassium. This can lead to a serious condition called hyperkalemia.Fiber.It’s best to limit fiber in your diet if you have cancer or inflammatory disease or have had bowel surgery. Large amounts of fiber from the fruit can be hard on your intestines if you have diarrhea, cramping, or trouble digesting food.One of the most popular ways to eat a cantaloupe is raw, either on its own or mixed with other fruits as part of a fruit salad. Other easy ways to enjoy a cantaloupe include: Add it to a salad. Add pieces of a cantaloupe to any salad for a sweet touch. In fruit salads, it mixes well with berries, mangoes, and avocados. Have it for breakfast. Create a breakfast parfait with layers of Greek yogurt, granola, and the fruit. Or use a cantaloupe half as the bowl itself and fill it with yogurt and toppings.Chill it for soup. Puree the fruit until smooth. Wisk in citrus juices (orange, lime, lemon) and a bit of honey, cinnamon, and salt.Eat the seeds. Like pumpkin seeds, you can roast cantaloupe seeds for a delicious treat and enjoy them in recipes year round.Round the cleaned seeds in the oven. Eat them plain for a healthy snack, add them to granola, or sprinkle them on top of soups or salads.Other ways to enjoy it include:Making juice and mixing it with sparkling waterBlending with other fruits to make a smoothiePureeing the fruit, adding lime juice, and freezing in molds to make popsiclesSkewering with grapes and cheese to make kebabsGrilling themYou can buy whole cantaloupes at most grocery stores. Melons are often picked before they’re fully ripe so they stay fresh longer.If a cantaloupe feels heavier than you expect and has a deep, dull sound when you tap on it, it’s most likely ready to eat.You should also check the color of the rind. Ripe cantaloupes are cream- or yellow-colored with no signs of green or gray.Cantaloupe varietiesThe type of cantaloupe you get in the store may depend on where you live. Some of the more popular varieties include:Ambrosia. Pale orange flesh, with a slightly floral flavorHales Best. Super sweet with a thicker rind and smaller seed areaMission. Deep orange flesh and powdery mildew-resistant rindRocky Sweet. Green flesh with a netted rind, a honeydew and cantaloupe combinationAthena Hybrid. Solid, more fragrant fleshAs cantaloupes are grown on the ground, their skin may be contaminated by bacteria. There is a link between illness caused by Salmonella and eating a cut cantaloupe, as the bacteria from the rind can transfer to the fruit when it’s cut. It’s important to safely prepare and store cantaloupes. Storing. When you pick up a cantaloupe from the grocery store and bring it home, you can place it on the counter for up to 1 or 2 days, as unripened fruits can be left at room temperature. This may even help keep the flavor of the cantaloupe.Wash the melon when you’re ready to cut it, as moisture on the skin can lead to mold growth. Wash your hands before and after cutting a cantaloupe and use a clean knife and cutting area.Keep cut melons in the fridge. They can stay for up to 4 days, depending on the original ripeness.Be careful where you place cantaloupes. As a part of their ripening process, they give off a gas called ethylene. Storing cantaloupes away from certain fruits and vegetables that are sensitive to this gas, including kiwi, cucumbers, avocado, and broccoli, is important because it can cause this produce to spoil faster.Freezing. It’s best to freeze cantaloupes that are ripe. Cut them into balls, cubes, or slices. After freezing them, use them while they’re still chilled.Cantaloupes are full of antioxidants, vitamins, minerals, fiber, and water. Adding these things, including the seeds, to your diet can help keep your blood pressure in check and keep your bowel movements regular. One to 2 cups daily can give you many of these health benefits. Which is healthier: watermelon or cantaloupe?Both pack a hydration punch, but cantaloupe beats watermelon when it comes to vitamins A and C, potassium, and fiber content.How much cantaloupe is healthy?The FDA recommends healthy adults eat 1.5-2 cups of fruit a day. One cup of diced or balled cantaloupe is a good amount to get the nutritional benefits.Is cantaloupe good for constipation?Eating cantaloupe isn’t likely to make you poop right away. But including cantaloupe in your diet will increase your water and fiber intake, which is good for regular bowel movements. Jump to Recipe Print Recipe Yes, you can freeze cantaloupe. In fact, you can freeze it whole or as a puree to use in a wide variety of different ways, like a healthy snack or in smoothies. Frozen cantaloupe can last up to a year in your freezer without losing too much of it’s taste, texture, and quality. Keep reading to find out all details and methods. Jump to Cantaloupe is a bright orange, juicy and delicious fruit. It is a type of melon. It is full of lots of vitamins, minerals and water content (to help keep you hydrated).Unfortunately, this yummy fruit is seasonal. That means it is usually only available during certain months. Depending on the climate, peak season can be from May through September. So, if cantaloupe is one of your favorite snacks, then you would probably like to have access to it year round. Fresh cantaloupe uncut can only last for 3 weeks in cold storage, and for one week in the refrigerator. Therefore, in order to have access to cantaloupe at all times, you will need to find a way to store it long term. The best way to do this is by freezing your cantaloupe. Freezing cantaloupe is pretty simple when you get right down to it. Just like when freezing blackberries, freezing blueberries, freezing strawberries, freezing raspberries (and most other fruits) you don’t have to bother with blanching first. The simplest way to freeze cantaloupe is to just cut it, bag it, and freeze it. Step One: Make sure you have chosen a ripe cantaloupe and washed the rind first. Using a knife or your melon peeler you will want to cut your cantaloupe in half. Once you do that you can pull all of the seeds from the core and scrape it clean. Don’t throw away your seeds either. They make a fantastic roasted snack. Step Two: Decide if you want slices or balls. If you want slices you can use your melon peeler and simply cut out the slices. If you want bite sized balls just use your melon baller and scoop them out of the center. Step Three: Now lay your slices or melon balls on your cookie sheet in a single layer (just like when freezing bananas or freezing asparagus slices). Put the cookie sheet in the freezer for a few hours or overnight to flash freeze. This will give them time to freeze completely and get stuck together which can be a real hassle when you later defrost them. Step Four: Once the cantaloupe has completely frozen, take the cookie sheet and place them in the freezer safe ziplock bags. Make sure you write the contents, quantity, and date on the outside of the bag before putting it in the freezer. This is our favorite method because it is so versatile. As we mentioned earlier, you can use these in smoothies, sorbets, or just eat it as a cold snack. First, repeat steps one and two above. In step two, make sure to cut it into chunks and not just slices. Step three: Place your chunks into a blender or food processor. Turn it on for a few minutes at high or until the chunks are a consistent puree. Step four: Pour the pureed cantaloupe into the compartments of an ice cube tray and pop it into the freezer for a few hours. Step five: Once the cubes of puree are frozen, pop them out of the ice cube tray and place them into freezer bags. Make sure to squeeze all of the air from the bag before sealing and labeling it. Need to get all your food preserved easily? Check out the Ultimate Guide To Freezing Food so that you can fill your freezer without in minimal time. Make sure you use a ripe cantaloupe. Don’t skip the flash freezing if freezing in slices or chunks. Label the freezer bag or container with the contents, quantity and date. Freeze in amounts that you will use later. Ie: freeze enough for a smoothie in each bag. Defrosting or thawing cantaloupe is quite easy. The absolute best and safest way to do it is by placing it into the refrigerator overnight. It usually takes several hours for it to completely thaw, so overnight works best. However, do be aware that if you are looking to snack on it, the texture will be a little mushy if it is completely thawed. So, if you are just using it for regular snacking, you may want to just defrost it for an hour or two in the fridge. Then, take it out to eat while it is still a little frozen. Of note, for many of the uses listed below (like smoothies) you don’t need to thaw it at all. You can simply pull it out of the freezer and use it. Smoothies Juicy Sorbet Snack Fruit Salad Muffins, breads or other baked goods Is frozen cantaloupe mushy? Yes, when you freeze and completely thaw cantaloupe it will be a little mushier than it is when fresh. How long can you keep cantaloupe in the freezer? Cantaloupe will stay good in the freezer for about 10 to 12 months. It may still be edible after this but eventually it will begin to suffer from freezer burn and the taste, texture, and quality will decline. How do you defrost cantaloupe? The best way to defrost cantaloupe is in the refrigerator overnight. If you want to snack on it plain, you may want to only defrost for a few hours so it is not totally thawed. MrAnimal Farm Freezing cantaloupe is a super easy way to ensure you can enjoy this sweet fruit year round. You can freeze it in slices, sorbets, or as a puree. Wash off your ripe cantaloupe. Cut the cantaloupe in half and scoop out the seeds. Cut it into slices and then cut the rind off of each slice. If you want to freeze as chunks, cut each slice into chunks a few inches in size. Place the slices or chunks on a cookie sheet and put them in the freezer to flash freeze. This takes an hour or so.Once they are hard, remove from the freezer and package into a freezer bag or an airtight container and place back into the freezer.Take your halved cantaloupe with the seeds removed and cut it into slices or chunks.Place it into a food processor and process until it is a mushy consistency like a smoothie.Pour the puree into ice cube trays and place into the freezer.After an hour or two, once the cubes are frozen, remove and package into a freezer bag or an airtight container and place back into the freezer. Top Tips Use a fresh, ripe cantaloupe Package it in amounts that will be how much you want to use when thawed. Puree is best for juices, smoothies and cooking; slices are best for fruit salads and snacking. Freezes well for up to one year. Even opened your fridge to find a perfectly ripe cantaloupe and thought–“Can I freeze this before it turns to mush?” You’re not alone.Last August, during an unusually generous harvest from a friend’s backyard garden in Devon, I found myself surrounded by more cantaloupes than I could consume in a week. Some went into smoothies, others into fruit salads. But a dozen still sat on my counter, threatening to spoil. Out of curiosity (and slight panic), I tried freezing them. What followed was a mix of trial, error, and a few delightful surprises—and that’s what I’m sharing with you today.So yes, you can freeze cantaloupe—but there’s a right way and a wrong way. Let’s walk through how to do it properly, what to expect in terms of texture and taste, and how to make the most of your frozen melon.Cantaloupe, with its sweet, floral flavour and high water content, is a staple of summer. But it also has a short shelf life. According to the USDA, cut cantaloupe lasts just about 3 to 5 days in the fridge. That means if you’ve bought in bulk or harvested more than expected, freezing becomes a practical (and waste-reducing) option.Beyond preservation, frozen cantaloupe is brilliant for making smoothies without ice, blending into sorbets or granitas,infusing water or cocktails!It might not be the same as fresh when it comes to biting into it raw, but frozen cantaloupe opens up a world of culinary possibilities. I tested three different methods over several weeks, comparing texture, flavour retention, and convenience. Here’s the method that came out the best results:Go for fully ripe but not overripe melons. A ripe cantaloupe smells sweet at the stem end and has a bit of give when you press gently.Even though you won’t freeze the rind, washing prevents bacteria from transferring when cutting.Cut in half, scoop out the seeds, and slice off the rind. Then chop into bite-sized cubes or slices.Place pieces on a baking sheet lined with parchment paper. Freeze for 2-3 hours until solid. This prevents clumping later.Transfer the frozen pieces into labelled freezer-safe bags or containers. Squeeze out as much air as possible to avoid freezer burn. Cantaloupe can last up to 10 months in the freezer.Here’s the honest truth: cantaloupe is over 90% water. Freezing forms ice crystals that break down its cell walls, leading to a softer, sometimes mushy texture when thawed.So no, frozen cantaloupe won’t give you that same satisfying bite. But it excels in applications where texture isn’t the star of the show:Smoothies: Adds natural sweetness and a thick texture.Frozen desserts: Try it in a sorbet with mint and lime!Cold soups: Blend with cucumber and yoghurt for a refreshing gazpacho twist!Dr. Claire McAvoy, a food scientist at the University of Reading, notes: “Fruits with high water content tend to suffer textural degradation post-freezing, but this doesn’t affect nutritional value significantly.”Absolutely. In fact, pureeing cantaloupe before freezing can preserve more of its flavour and make it easier to use in recipes.How to Do It:Blend fresh cantaloupe until smooth!Pour into ice cube trays or silicone moulds!Once frozen, transfer to freezer bags!This method is perfect for adding a fruity twist to cocktails, iced teas, or yoghurt bowls.Freezing overripe cantaloupe: It turns to an unpleasant mush.Skipping the flash freeze: Leads to mushy chunks that don’t freeze well. You can freeze it whole or as a puree to use in a wide variety of different ways, like a healthy snack or in smoothies. Frozen cantaloupe can last up to a year in your freezer without losing too much of it’s taste, texture, and quality. Keep reading to find out all details and methods. Jump to Cantaloupe is rich in:Vitamin C (boosts immunity)Beta-carotene (good for vision)Hydrating electrolytes (especially potassium)You’re not losing much by freezing it—just the crunch.Blend frozen cantaloupe, orange juice, ginger, and Greek yoghurt for a zingy breakfast boost!Add frozen cantaloupe, ice, fresh mint, and lime juice in a blender. Serve as a non-alcoholic summer cooler or spike it with rum.Puree and freeze in trays, then pop into sparkling water for a naturally flavoured fizz.Read Also: How to Preserve Kiwi?Not recommended. The rind doesn’t freeze well and takes up space.Yes. Use a melon baller, flash freeze them, and store like cubes.While the texture changes, the flavour remains pleasantly sweet. Best used blended.Up to 10 months if sealed properly.No. Once thawed, the texture degrades further and increases risk of bacteria.If you’ve ever had to toss out cantaloupe gone bad, freezing is your new best friend. While it may not return as a crisp salad ingredient, it shines in smoothies, sorbets, and other blended dishes. And most importantly, you’ll reduce food waste without sacrificing flavour. Cantaloupe is a tropical fruit that grows during only the warmer season. These fruits are a popular food due to their versatility. These tasty melons are great for salads, smoothies, cooking, or just eating them fresh. While they are only available once a year, you may find yourself wanting to eat them throughout the year. Therefore, can you freeze cantaloupe? Can You Freeze Cantaloupe? Yes, you can freeze cantaloupe. These melons are great for freezing and they freeze very well for a long time. Frozen cantaloupes are great for eating fresh, using them in your favorite smoothies, or use them in cooking to enhance the flavor of a meal. The fruit should be frozen as chunks or puree only. Avoid freezing the whole cantaloupe in the freezer. The fruit will take a long time to freeze and when it does, the inside of it will become mushy. When it thaws and you try to cut it open, it will just be a mess. Freezing the cantaloupe will change their texture a bit when it’s frozen. It will become slightly mushy and sometimes can be a bit slimy. Therefore, the melons won’t be as fresh by having a firm texture as they did before it was frozen. Cantaloupe that is frozen is best for food that requires blending and mixing such as smoothies, ice cream, or cooking a meal. How To Freeze Cantaloupe Cantaloupe melons are great for freezing due to their high water content. Depending on what you’ll be using the fruit for, you have two options to propping them for the freezer. Below are two methods on how to prepare and freeze cantaloupe: Freezing Fresh Cantaloupe Us this method if you’re planning to use cantaloupe to use in cooking, smoothies, or eating them fresh. Slice the cantaloupe in halves. Scoop out the seeds from the inside of the melon. Use a sharp knife and peel the rind off the cantaloupe. On a tray, place a sheet of wax paper on it. Cut the yellow flesh into chunks and place them on a tray. Sprinkle some sugar over all the melons. The sugar helps preserve the color and flavors. Put the tray into the freezer and let it sit for about 2-3 hours. Once it’s completely frozen, immediately transfer them to an airtight container or freezer bag. If you’re using a freezer bag, squeeze out as much air as can and seal the bag tight. Label the freezer bag with a date and place them back into the freezer. Besides freezing just the cantaloupe itself, you can make a tasty fruit capote by mixing watermelon and honeydew with the cantaloupe. How Long Can You Freeze Cantaloupe? Cantaloupe will last for 10 to 12 months in the freezer. This is if it’s prepared correctly first and stored properly. While these melons will remain fresh for up to a year, they will last much longer than that. However, the quality of the cantaloupe will start to diminish. This is due to the melon suffering from freezer burn when it’s stored in the freezer for a prolonged time. Therefore, for the best taste quality, it’s recommended to eat them within a year. How Do You Defrost Cantaloupe? To defrost cantaloupe that you have stored in the freezer, remove the entire container, and place them in the refrigerator for about 6 to 8 hours. Never leave the frozen cantaloupe to thaw at room temperature. Doing so will cause the melon to lose its texture and taste. If you’re planning to use cantaloupe for smoothies, ice creams, or adding to a cooked meal, you won’t need to thaw them. Simply remove the amount of frozen cantaloupe that you need and place them directly in the blender for making smoothies and ice creams. For cooked meals, place them into the pan while it’s cooking. The frozen melon will melt instantly and give your meal a boost in flavor and texture. Can Frozen Cantaloupe Go Bad? Frozen cantaloupe can go bad if it’s left in the freezer for a prolonged time or when it’s left to thaw for a long time. In the freezer, cantaloupe has a shelf life of about 1 year. This means the fruit will best at best quality if used within that time. However, if it’s stored properly, cantaloupe can stay frozen indefinitely. The only problem you’ll have once they passed their shelf life in the freezer, the quality of the melon will slowly diminish. After a year, before eating it, check to see if the cantaloupe still has some flavors to it. If it tastes bland, they should just be thrown away. Once the cantaloupe has been in the freezer for 2 years, the fruit should just be thrown away or used in organic compost. By now, the flavor and texture will degrade so much that all there’s left of is a piece of ice. As for thawing, the cantaloupe can go bad if it’s left to thaw for a long time. These melon have a soft texture and it will defrost rather quickly. Leaving them to thaw for a long time could cause them to become soggy and watery. Therefore, if you’re planning to use cantaloupe to cook with or use in smoothies, simply take as much of the melon you need and place them directly into the meal. If you do need to thaw them, place them in the refrigerator so it’ll thaw slowly which will prevent texture and flavor loss. Can you freeze cantaloupe seeds? The seeds of the cantaloupe can be frozen. Storing them in the freezer will keep them fresh for a long time. These seeds are edible and you can roast them in the oven straight from the freezer. Cantaloupes are great for adding to salads, slaws, smoothies, and soups. Can you eat cantaloupe rind? Cantaloupe rind is similar to those of watermelon. The rind is thick and not intended to be eaten. Here’s a short guide to freezing cantaloupe. Learn how to freeze the fruit, what to expect after defrosting, and what are the best ways to use cantaloupe after freezing. Got an extra cantaloupe or two that you don’t want to go bad? That makes you wonder: can you freeze cantaloupe? That’s the gist of it. Interested in learning more? Here’s what we cover below: details on what to expect from freezing cantaloupe step by step description of the freezing process (and some modifications)ways to defrost the fruitdees on how to use frozen cantaloupe Read on. Pre-freezing Cantaloupe Cantaloupe freezes okay, but not great. The flesh is noticeably softer after defrosting, so you probably wouldn’t like to eat it as-is or throw it into a fruit salad. But for smoothies, sorbets, and all sorts of baked goods, the texture change isn’t an issue, and you can use frozen cantaloupe in these no problem. Then there are recipes that call for cantaloupe puree. In these, frozen cantaloupe should work just fine as well. The only thing you need to watch out for is the texture of whatever you’re cooking. For example, if you discard all the water left after defrosting the fruit, you might need to add a teaspoon or two of water to the dish to make up for the discarded amount. (In almost all cases, you’ll instinctively know if you need more water or not, so that’s not a big deal.) Long story short, cantaloupe freezes fine, and there are lots of recipes you can successfully use this fruit in after freezing. TipCantaloupe lasts for 2 weeks or even longer if refrigerated, so if it’s fresh, you still have some time to use it. Check out my article How long does cantaloupe last for details. Knowing that, you’re probably wondering how to go about the freezing process. Let’s cover that. Cut cantaloupe ready for freezing Here’s how to freeze cantaloupe: Prep. Wash and cut up the fruit. I suggest you dice the cantaloupe or cut it into small chunks, as either works great for most uses. If you’ve already planned how you’ll use the fruit, feel free to cut it in a way that makes the most sense to you. Finally, let the chunks dry for 15 minutes or pat them dry using paper towels. That will help reduce the amount of frost that’s produced.Pre-freeze. Grab a cookie sheet and spread the fruit in a single layer on a cookie sheet, so you can freeze in lumps. If you want to make remove the fruit from the sheet easy, line it with a silicone mat or baking paper beforehand. Next, put the tray in the freezer for 2 to 3 hours, or until the cantaloupe chunks freeze solid.Transfer to a freezer bag. Once frozen, take the cookie sheet out of the freezer, break apart any chunks that froze together, and transfer everything into a freezer bag (or bags). Remember to squeeze out the air before you seal the bag. Add a label with its contents and date if you like.Freeze. Chuck the bag with the frozen cantaloupe in the freezer. That’s it. As you can tell, the process is as simple as it gets and takes only a couple of minutes of active time. (You can use the same process to freeze honeydew melon or freeze leftover watermelon.) Now, you might have some further questions about it. Let’s cover that. Frozen cantaloupe in a bag – ready to be put back in the freezer No, but it allows you to quickly grab as many chunks from the bag as you need. In other words, it makes it easy for future you to use that frozen cantaloupe. Of course, if you already have a plan in place and know precisely how much cantaloupe you need, pre-freezing is not necessary. Instead, you measure out and freeze the required amount in a single bag and skip pre-freezing. But if you want to freeze the cantaloupe just to prevent it from going bad, not knowing how you’re going to use it, pre-freeze the chunks. You’ll be glad you did it when you’re ready to use it. There isn’t a cut-and-dry answer to that question, but I suggest using it within 3 months of freezing for good quality. Like any other frozen food, cantaloupe gradually loses quality, so the sooner you get to it, the better. Obviously, it’ll never go bad in the freezer, so if youurs sits there for half a year already, it should still be quite alright, and definitely safe to use. Sure. While the default method (chunks) works well for all uses, you can freeze the fruit pureed if you know you’ll need it pureed at some point. If you do so, skip the pre-freezing stage. This way, all you need to do is to transfer the puree into an airtight container and chuck it in the freezer. Last but not least, you can easily puree defrosted cantaloupe if need be. That means you don’t have to decide just yet if you need to process it or not. Frozen cantaloupe in a blender Yes. If you recall call for grated cantaloupe, I suggest you take care about before freezing. Grating a firm fruit is much easier than working with frozen or defrosted-and-soft chunks. As you freeze your cantaloupe grated and you’re not sure how much cant’ll need for a recipe, I suggest pre-freezing it in tablespoon-sized portions. That allows you to grab as much as you need without defrosting the whole bag. If you need to defrost the cantaloupe, use an airtight container or resealable bag, and thaw the fruit overnight in the fridge. Bear in mind that there will be some water in the bag or container after defrosting. In most cases, you can just drain that water and use the fruit. But as I already pointed out, in some recipes, that extra bit of water might be crucial to get the consistency you want (e.g., fix your shortbread batter that’s a bit too dry). So if the texture of what you’re whipping is tricky to get right, set that water aside in case it’s needed. Or simply add a teaspoon or two of water to make up for the loss. Try to use defrosted cantaloupe within 1 to 2 days. And refrigerate any leftovers that you don’t use right away. Related: How to store cantaloupe? Now, the good news is that you don’t always have to defrost frozen cantaloupe. In some cases, you can throw it in straight from the freezer, and everything should turn out just fine. (Or the fruit being frozen is what’s required for the recipe to work, as is the case for sorbets.) Failed cantaloupe sorbet - I definitely added too much water There are numerous ways to use frozen cantaloupe. Here are some of the more popular ones: Make a sorbet. Here’s a simple recipe worth testing out.Make a smoothie. If your blender can handle ice cubes, you can even skip defrosting the fruit and throw it frozen instead. Or even replace your ice cubes with frozen cantaloupe chunks.Bake some muffins. There are hundreds of muffin recipes out there – here’s one to get you started.Throw it frozen into a glass of water for a fruity drink on a sweltering day.Bake a quickbread. Here’s how that might look like. Of course, there are many other options to use frozen cantaloupe. Here’s yet another recipe you might find useful if you’re into baked goods. This one uses grated cantaloupe, so make sure you grate yours before freezing it.