



# *Lilliput*

F1 MINI CANTALOUPE

DELICIOUS, NUTRITIOUS AND FUN TO EAT!



*Lilliput* is an unique personal-sized, F1 miniature Eastern melon that offers very high sugars and fragrance that combine for a wonderful flavor. The firm, deep orange flesh is maximized by a small, closed-center cavity. The exterior begins light green then turns to a yellow-tan color as it ripens. The stem then slips when fully mature. A must-have choice for the home gardener, farm stands, or any specialty market.



## Why Gardeners Love It!

- **PERSONAL-SIZED** - Convenient for at home or on the go
- **FULL FLAVOR** - Sweet and aromatic
- **A DELIGHT TO THE EYE** - Deep orange, firm flesh
- **MAXIMUM JUICY GOODNESS** - Small center cavity
- **NUTRITIOUS** - Packed full of vitamins
- **FUN TO EAT** - Convenient edible bowl

**"Many times 'Personal-sized' melons meant no flavor. Not Lilliput! Don't let the size fool you, this one is sure to please!"**

*- Jayson H. Force  
Ball Seed*

## A Scoop of Delicious!

**Just slice Lilliput in two and you've got a convenient and edible single-serving bowl. Fill it with a generous scoop of one of these tasty options for a delicious breakfast, lunch, dinner or dessert:**



- Vanilla Ice Cream topped with Chocolate Sauce and Berries
- Chicken Salad with Cranberries and Walnuts
- Broccoli Slaw with Almonds and Raisins
- Vanilla Yogurt Mixed with Nuts, Granola and Blueberries

## Just the Facts



**Relative maturity:** Early-mid

**Fruit Size/Shape:** 1 - 2 lb, round

**Rind Characteristics:** Open net, light green ripening to yellow tan

**Interior Characteristics:** Dark orange flesh, small cavity

**Disease Resistance:** Resistant to Fusarium wilt races 0-2 and powdery mildew races 1 and 2

## Tasty, Nutritious and Low Cal!

Cantaloupe is an excellent source of vitamin A; containing one of the highest levels per serving of any fruit. It is also rich in antioxidant flavonoids such as: beta-carotene, lutein, zeaxanthin and cryptoxanthin. With its low calorie content and high levels of potassium, B-complex vitamins, vitamin C and manganese, adding cantaloupe to your diet may be one of the tastiest ways to eat healthy!

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## One More Sweet Treat

### Melon Brulee

#### Ingredients:

- 1 small honeydew, peeled, seeded, and cut into chunks
- 1 Lilliput mini cantaloupe, peeled, seeded, and cut into chunks
- 1 tablespoon sugar
- 2 teaspoon grated orange zest
- ½ cup orange juice
- 1 cup light sour cream
- ¾ cup light brown sugar
- 2 tablespoons finely chopped mint (optional)

#### Directions:

Place melon in a 1 quart oven-safe dish. Toss with sugar, orange zest and juice. Set aside at room temperature for 1-2 hours. Preheat broiler. Spread sour cream over melon and sprinkle with sugar. Place dish 5 inches under the heat and broil for 2-3 minutes. Do not burn! Scatter mint over top and serve immediately.

Courtesy of *Recipes from a Kitchen Garden*, Shepherd & Raboff

