

**Today the
Fresh Fruit
and Vegetable
Program presents
to you...**

Honeydew

What is it?

- ◆ Honeydew is a type of melon like watermelon and cantaloupe
- ◆ It is a member of the gourd family
- ◆ Honeydew is considered a winter melon because it takes a long time to ripen and has a long shelf life once picked that makes it available in the winter months
- ◆ It has a hard smooth rind and a bright green flesh inside
- ◆ The shape of a honeydew can vary from melon to melon, but they are usually round or oval shaped
- ◆ A good honeydew will be juicy and sweet

When is it available?

- ◆ Harvested late-Summer through mid-Fall
- ◆ California grows over 70% of the honeydew produced in the U.S.

What's so cool about it?

- ◆ The total value of cantaloupe, honeydew, and watermelon grown in California is more than \$217 million
- ◆ Honeydew melons are named after White Antibes which are grown in southern France and Algeria
- ◆ They have been grown since the late 15th century in southern France and Algeria

Why should I eat it?

- ◆ Excellent source of vitamin C, which helps boost your immune system and promote wound healing and collagen formation
- ◆ Good source of potassium, which plays a role in controlling your blood pressure

Need some recipe ideas?

- ◆ Fruit Salad
- ◆ Fruit Kabobs
- ◆ Chilled Soup

Resources:
California Department of Public Health. (2007). *Harvest of the month: Exploring California melons* [PDF document]. Network for a Healthy California. Retrieved from http://www.sdc.idaho.gov/site/cnp/f/frp/fruit_veg/Cantaloupe.pdf
Dole Nutrition Institution. (2005). *What you need to eat every day & why* [Brochure]. Westlake Village, CA: Dole Food Company.
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Thompson, C. (May 5th, 2011). *Honeydew: 7 healthy facts*. WebMD. Retrieved from <http://www.webmd.com/food-recipes/features/honeydew-7-healthy-facts>
United States Department of Agriculture (USDA). (December 7th, 2011). *National Nutrient Database for Standard Reference*. Retrieved from <http://ndb.nal.usda.gov/ndb/search/list>



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This institution is an equal opportunity provider.

Nutrition Facts

Serving Size 1 cup diced raw honeydew

Amount Per Serving

Calories 61 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 31mg 1%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 5%

Sugars 14g

Protein 1g

Vitamin A 2%

Vitamin C 51%

Calcium 1%

Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.