

# — HONEYDEW —

## What are they?

- Honeydew is a type of melon like watermelon and cantaloupe.
- It is a member of the gourd family which includes fruits (melons) and also vegetables (squashes, pumpkins, and cucumbers).
- 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.



## When are they available?

- Harvested towards the end of summer to mid-fall in Wisconsin.
- California grows over 70% of the honeydew produced in the U.S.

## What's so cool about them?

- 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.
- The total value of cantaloupe, honeydew, and watermelon grown in California is more than \$217 million.
- Honeydew melons have been grown since the late 15th century in southern France and Algeria.
- When selecting a honeydew, look for one with a waxy, not fuzzy, rind. The melon should feel heavy for its size, and the surface should bounce back when pressed.



## Why should I eat them?

- A cup of honeydew contains just 60 calories and more than half the recommended daily allowance for Vitamin C.

