





# Honeydew

## Benefits of honeydew:

-  High in fiber
-  High in potassium
-  High in antioxidants to prevent heart disease and some cancers.

## When are they in season?

-  Harvested towards the end of summer to mid-fall in Wisconsin.

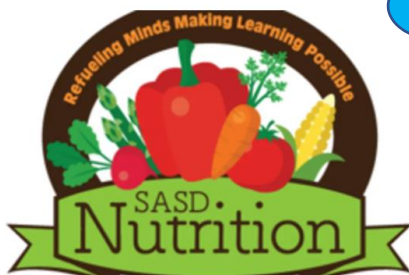
## Food Safety for honeydew

**Check** for existing mold.

**Store** whole honeydew in dry storage for up to 2 days. Honeydew stored at refrigeration temperatures below 41F will have approximate shelf life of up to 5 days.

**Separate** honeydew from meat. Use different cutting boards for meats and fruits.

**Did you know... California grows over 70% of the honeydew produced in the U.S.**



### Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

C. (n.d.). Cantaloupe Information. Retrieved January 7, 2021, from <https://www.cde.state.co.us/nutrition/osnffvproduceinfosheetscantaloupe>

Thomson, A., & Thomson, L. (2020, February 17). Honeydew Sorbet. Retrieved January 08, 2021, from <https://iheartvegetables.com/honeydew-sorbet/>

Pictures: Creative Commons

## Honeydew sorbet

Serves 4

### Ingredients

- 1 honeydew melon
- 1 tablespoon lemon juice
- 2 teaspoons maple syrup or honey

### Directions

1. Slice honeydew into 1" chunks and spread out on a baking sheet.
2. Put in freezer for 4-6 hours until frozen.
3. Put the frozen pieces in a blender with lemon juice & honey.
4. Add little water to blend better.
5. Blend until smooth.
6. Put in freezer for 30 minutes until set.
7. Serve!

