

Honeydew Melon

Did you know?

- Honeydew was originally known as the Melon d'Antibes Blanc d'Hiver in France.
- Honeydew melons taste better when left unrefrigerated.
- 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.
- Honeydew melons grow best in a hot, dry climate.
- This melon is a great source of vitamin C, which is essential for the growth and repair of tissue all over the body. Vitamin C also plays a role in keeping your immune system healthy!



Sources

- <https://www.fruitsandveggiesmorematters.org/honeydew>
- <http://www.eatright.org/resource/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/vitamin-c>
- http://www.specialtyproduce.com/produce/Honeydew_Melon_1705.php
- <https://www.webmd.com/food-recipes/features/honeydew-7-healthy-facts#1>
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