

FOOD FACTS

Honeydew



NUTRITION

- Melons are a great source of vitamin C and potassium.
- Potassium works with sodium to control your body's fluid balance and control blood pressure.
- Potassium also regulates our heart beat and helps with muscle function.

DYK

- Melons were first cultivated in Persia & northern Africa nearly 4,000 years ago.
- Honeydews are also known as Temptation Melons.
- Honeydews are the sweetest of all melons when ripe.
- They range in weight from four to eight pounds.
- We traditionally know honeydew melons to have green flesh, but they can be yellow/gold.

PREPARATION & STORAGE

- Even though you do not eat the rind of a honeydew, it is important to wash them under running water before cutting into the fruit.
- Melons should be served slightly chilled, but not too cold. If they are too cold you will miss their full fragrance.

[Video on Proper Selection of Honeydew](#)

[Fruits and Veggies More Matters - Honeydew](#)

