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