

## Fresh Fruit & Vegetable Program: May 2023

### Featured Fresh Fruit: HONEYDEW MELON



#### Health Benefits:

1. High Water Content – great for hydration!
2. Fiber – heart health, digestive system & stable energy
3. Vitamin C – immune system, skin health and healing



#### Fun Facts:

1. Honeydew originated in the Middle East; in ancient times they were considered sacred by Egyptians due to their sweet flavor.
2. Honeydew melon was a great favorite of the French emperor Napoleon and seeds were brought to the US by Christopher Columbus!
3. The city of Cavillon, France is considered to be the Honeydew capital of the world.

