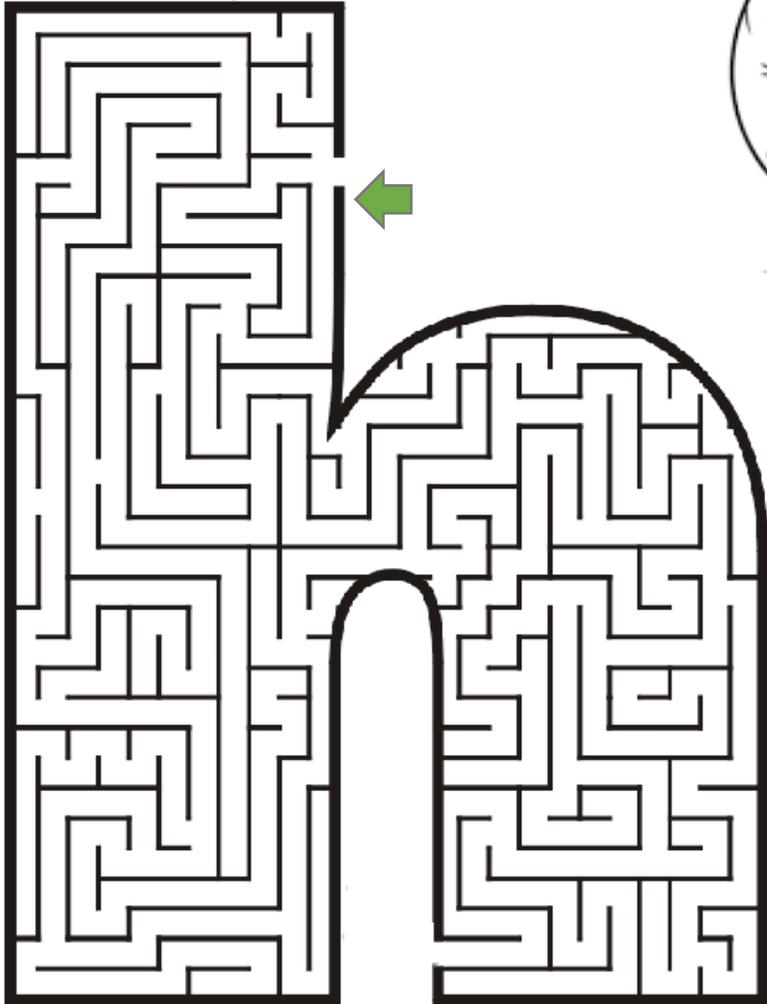


# Honeydew

Honeydew are also known to sometimes be called a Wallace Melon. These Honeydew, or Winter Melons, tend to have a long shelf life. They grow on a long vine that branches out from one stem. The skin has a light color and usually smooth or slightly rough. As the melon matures, the texture of the skin tends to vary. The flesh is a light green color that is juicy and sweet.

Find your way through the maze!



Color the Honeydew!

## Nutrition Information

One cup of cubed honeydew provides 34 percent of the recommended daily intake of vitamin C and contains 8 percent of the recommended daily intake of potassium. Muscles, nerves, the heart and blood vessels all rely on the presence of potassium for normal functioning. Potassium is capable of carrying an electric charge that stimulates and regulates muscle contractions and communication between nerves. You'll gain 12 percent of the recommended daily intake of vitamin B-6 from 1 cup of honeydew melon.