

Harvest of the Month

Honeydew

Calories

61

Total Fat

0g

1
cup

Sodium

31mg

Sugars

14g

FUN FACTS:

Honeydew has a smooth light yellow skin and a pastel green flesh, which is loaded with Vitamin C.

Of all the melons, honeydew is known as the sweetest variety. Their sweetness depends on how long they are able to ripen on the vine. Honeydew continues to ripen off the vine at room temperature.

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.

This institution is an equal opportunity provider.

