

HONEYDEW MELON



GREATER
CHICAGO
- FOOD -
DEPOSITORY.

Scan for videos & resources

CHARACTERISTICS

- Honeydew melons are pale green in color and are related to other melons and cucumber.
- Honeydew melons are very sweet and are often eaten as dessert.
- Select melons that are heavy for their size with dull skin. Shiny skin may mean that the melon is under ripe. The melon should sound hollow when you tap on it, indicating that it is ripe.
- 1 cup of honeydew melon contains:
 - 53% of your recommended daily value of vitamin C to help heal wounds and keep teeth and gums healthy
 - 12% of your recommended daily value of potassium to support heart and muscle function



PREPARE

Wash honeydew melon before cutting. The outside rind and seeds are edible but many people choose to not eat them.

Try honeydew melon:

- *Diced* and eaten plain or added to a salad
- *Blended* into your favorite juice or smoothie
- *Frozen*

STORE

- Store ripe, uncut melons in the refrigerator for up to 5 days.
- To store halved melons, wrap the cut side in plastic wrap and store in the refrigerator for about 3 days. Store cut honeydew in a container in the refrigerator for up to 1 week.
- To Freeze: Cut into cubes, store in an airtight container and freeze for up to 1 year. The texture will soften when thawed.