



HEAVENLY HONEYDEW



Factsheet 10-55

Packed with goodness, honeydew melons are as nutritious as they are sweet. Honeydew is a relatively low-calorie source of vitamin C. Approximately 1/8 of the melon supplies only 60 calories while providing half of the day's needs for vitamin C. Honeydew is also a good source of potassium, which contributes to a healthy heartbeat.



Did You Know?

- When ripe, the honeydew is the sweetest of all melons. The stronger the aroma, the sweeter the melon.
- Honeydews are available year round, but they are best from June to October.
- Once the honeydew is picked, the ripening process stops; what you buy is what you eat. They should be kept in the refrigerator once you get them home. A fully ripe melon should be eaten within a couple of days. Honeydew is best served chilled; if they are very cold, you'll miss their full fragrance.

HEAVENLY HONEYDEW PARFAIT

In a tall glass, put a scoop of your favorite flavor sherbet, then add cubes of honeydew. Repeat layers until the glass is full. Serve immediately.

FROZEN MELON CUBES

Once the seeds are removed from the halved melon, slice in wedges, slide a knife between the rind and the flesh to remove the rind, then cut into cubes. Place cubes on a cookie sheet and freeze for a couple of hours. These make a refreshing after school treat!

There are two main kinds of melons: watermelons and muskmelons.

Watermelons are large with crisp flesh and seeds scattered throughout the fruit.

Muskmelons can be rough-skinned, such as cantaloupe, or smooth-skinned, such as honeydew or Crenshaw. The flesh in the muskmelon is soft and the seeds are always grouped in the center.

For more information contact:
Mary Wilson, MS, RD
702-257-5507
www.unce.unr.edu

An EEO/AA institution.