



Honeydew

Honeydew is considered the sweetest of all the melons. Honeydew has a smooth, firm pale yellow colored skin with a sweet, pale green interior flesh. They have a round to oval shape and are somewhat larger than a Cantaloupe. Their skin turns from green to white to yellow as it matures. Honeydew melons range in weight from four to eight pounds. Once a melon is picked, it can no longer get any sweeter. When it is harvested determines how sweet the melon is.



Vine-ripened melons picked at their peak maturity have the best flavor and highest sugar content.

Honeydews are a good source of vitamins A and C as well as potassium. They have a high water content and are relatively low in calories. Honeydews are also fat and cholesterol free.

They are best from June through October, but is available year round.

Honeydew Availability

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
California								✓	✓	✓		
Mexico	✓	✓	✓	✓	✓	✓	✓	✓				