

Honeydew



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- Honeydew have a pale yellow or creamy white waxy skin on the outside and have a juicy, green sweet flesh on the inside.
 - They are melons and are in the same family as cantaloupe and watermelon.
 - Honeydew is made up of 90% water!
 - Honeydew has vitamins in it that are good for your eyes and also help keep you from getting sick.
 - You know when it's ripe because it smells sweet.
 - Honeydew melon seeds were brought to the U.S. by Columbus and grown by Spanish explorers in California.
 - Most of the Honeydew we eat during the summer and fall comes from California and Arizona. In the winter, they come from Mexico, Costa Rica, and Guatemala.



[Click here to learn how to pick the perfect honeydew!](#)

OKCPS School Nutrition Services

