

Honeydew Melon

Honeydew is the American name for the white Antibes, a variety of melon that was



cultivated in southern France and Algeria centuries ago. A honeydew has a round to slightly oval shape, typically 5.9–8.7 in long. It generally ranges in weight from 4.0 to 7.9 lb. Though typically the flesh of a honeydew melon is green, it can sometimes be orange. This specific type of honeydew is often referred to as the “temptation melon.” Cantaloupe and honey-

dew are related fruits. Honeydew and other melons are part of the cucurbitaceae (gourd) family, which is divided into fruits (melons) and vegetables (squashes, pumpkins, and cucumbers).

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.

A wedge of honeydew provides more than half the recommended daily allowance for vitamin C and has about 64 calories and 14 grams of natural fruit sugar. A similar serving of cantaloupe has about the same number of calories and grams of sugar, plus 120% of the Recommended Daily Amount (RDA) for vitamin A and 108% of the RDA for vitamin C.

https://en.wikipedia.org/wiki/Honeydew_%28melon%29

<http://www.webmd.com/food-recipes/honeydew-7-healthy-facts?page=1>