

Melon, Honeydew



Purchasing Specifications

Availability:

Year round

Growing Regions:

Mexico, USA

Receiving Information:

- Selection: Look for honeydew that have a waxy feel and a smooth, spherical shape. Honeydew should be heavy for their size.
- Preparation: Melons are usually served slightly chilled with just a squeeze of lemon or lime juice. They can also be eaten plain, used in salads, and make terrific, healthy desserts.
- Ripeness: Since most melons are sold slightly under-ripe, they need to be purchased a few days before they are to be eaten so they can develop maximum flavor.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: Yes
- Mist: No
- Odor Sensitive: No
- Bruising:
 - Honeydew melons may bruise if handled roughly. Handle melons with care; do not drop shipping containers on the floor.
- Decay; flesh softening; off flavor: Indication of age or product that was held for an extended period of time. These symptoms may not appear until after honeydew is taken out of storage and held at room temperature. Inspect honeydews carefully and use ripe product shortly after receiving.
- Pitted rind; reddish-tan discoloration of flesh; failure to ripen: Indication of chill injury.

- Scientific Name: Cucumis melo.
- Usage: Dessert melon; excellent as a chilled summer fruit soup; served on fruit platters, in fruit salads; made into sorbets and juiced.
- Color: Green - yellow.
- Taste: Juicy, sweet flesh.
- Shape: Round to slightly oval shape.
- Skin Texture: Smooth and firm.
- Flesh Description: Thick, juicy sweet pale green flesh.
- Variety AKA/Synonyms: Winter melon.

Nutrition Facts

Serving Size: 1 wedge (1/8 melon)

Amount Per Serving

Calories 45	Fat Calories
% Daily Value*	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 23mg	1%
Total Carbohydrates 11g	9%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	1%
Potassium 285mg	6%
Vitamin A 1%	Vitamin C 30%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000-calorie diet.