



Pick a better snack - Honeydew Melon Wash. Cut. Remove seeds. Eat. How easy is that?

A ripe honeydew is the sweetest of all melons.



Quick nibbles: • Rinse melon well with cool running water before cutting it. Refrigerate honeydew melon after cutting and eat it within 2 days. • String chunks and balls of melon onto a straw. Freeze and serve. • Make a switch-about: Cut balls from cantaloupe and honeydew wedges. Put balls into the opposite melon. • Cut up fresh honeydew and put in a see-through bag in the refrigerator for a quick side dish or snack. • Slide honeydew chunks or balls onto a skewer alternately with other fruit chunks, mushrooms, cheese cubes and / or chunks of cooked meats to make cold kabobs for a quick and easy cool summer meal.

Did you know? The light-green, juicy honeydew melon is packed with vitamin C and is a good source of potassium.

Buying tips: Honeydew melon has a creamy-white rind that ripens to creamy yellow. The flesh is pale green. Choose a well-rounded melon with a somewhat soft dent on the blossom end. It should have a distinct and pleasant aroma. Choose a melon that is heavy for its size and is free of bruises, dents or cracks. Methods such as thumping and shaking are not accurate indicators of ripeness.

Storing tips: Store uncut melon at room temperature up to four days. Or store uncut melon in the refrigerator, away from vegetables, and use within three to five days.

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For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

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