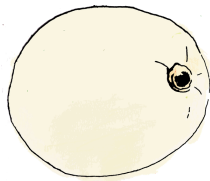


Honeydew



Harvest of the Month
NEBRASKA

NUTRITIONAL VALUE

Honeydew has vitamin C and potassium, which help support your immune system and muscle function.

FOCUS ON WHOLE FRUITS

Make half your plate fruits and veggies!

Honeydews count as a fruit. Try honeydews and other colorful fruits to stay healthy!



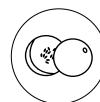
WHAT IS IT?

Honeydews are sweet melons with smooth skin and green flesh. They grow in sunny places and are best to enjoy in late summer and fall.

FUN FACTS & TIPS



Christopher Columbus brought the first melon seeds to America on his second trip.



Most of the honeydew melons sold in the U.S. are grown in California.



Add honeydew slices to peanut butter sandwiches or pancakes instead of syrup.

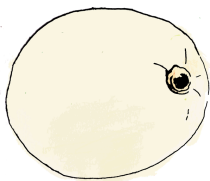


Scan QR code to find more NE Team Nutrition resources.



This resource was created based on similar MyPlate Food Fact Cards developed by the USDA, which can be accessed at https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177. This project was funded using U.S. Department of Agriculture grant funds. This institution is an equal opportunity provider.

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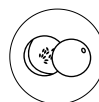
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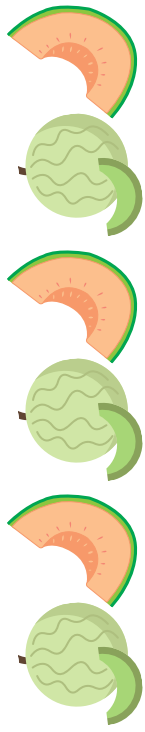
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HONEYDEW VS. CANTALOUPE

Draw a line to match each melon with the correct fact.
Each melon can match more than one fact.

Green inside

Honeydew

Orange inside

Smooth skin

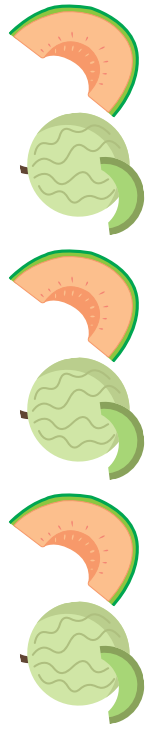
Cantaloupe

Net-like skin

Both

Round melon

Grows in summer



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