

# Honeydew Melon



## Selecting

A honeydew melon is round and its typical weight ranges from 3 to 5 pounds ( 1.5 to 2.5 kilograms). The flesh is pale green.

Honeydew melons have no aroma. So, to find one that is good to eat soon after purchase, look for these signs of ripeness: The end where the stem used to be attached should be slightly indented and beginning to soften, and the melon should feel heavy. As a final test, shake the melon. If you don't hear seeds rattling around inside, you've found your honeydew. If you hear seeds rattling, the fruit is too ripe.

## Storing

When honeydew feels a little on the hard side, store it at room temperature for a day or so and then put it in the fridge. You can store ripe honeydew in the fridge for up to 5 days.

Once you've cut into the honeydew the remainder should be wrapped tightly in plastic wrap and stored in the fridge.

## Preparing

Wash the outside of the honeydew. Slice the fruit in half and scoop out the seeds.

Next slice the halves into crescent-like strips which can be served as is. Or, the rind can be removed from the strips and the soft fruit can be cut into cubes.

Alternatively, rather than slicing up the melon halves, a melon baller can be used to scoop fruit balls directly from the honeydew halves.

## Eating

Honeydew is usually eaten raw, either on its own or as part of a fruit salad. But its sweet and refreshing flavour and soft texture makes it a popular addition to vegetable salads and appetizers with salty meats.

Honeydew is an easy fruit to eat and use in a variety of ways. Mix melons, honeydew, cantaloupe and watermelon for a delicious fruit salad; skewer melon and other

favourite fruit on bamboo skewers and serve with yogurt dip; or puree honeydew with yogurt and other ingredients to make a refreshing slushy.

## Seasonality

Honeydew melon is available all year in the grocery store. Locally grown honeydew is available in August and September.

## Nutrition

A 1/2 cup (125 mL) of honeydew melon has 32 calories. It is high in Vitamin C and contains potassium and folate.



Here is a recipe for a refreshing **Avocado Melon Breakfast Smoothie**.  
[www.halfyourplate.ca/recipe/avocado-melon-breakfast-smoothie-2/](http://www.halfyourplate.ca/recipe/avocado-melon-breakfast-smoothie-2/)

