Honeydew

What Am I?

Honeydew can be found with white or yellow skin. Honeydew with white skin taste sweeter than the yellow-skin variety. The inside of the fruit is light green, soft, and juicy. The center of the fruit contains seeds that are typically scooped out before eating.

How Do I Grow?

- Honeydew grows in sandy soil on a vine.
- It takes about 3-4 months for honeydew to grow.
- Honeydew requires warm and sunny weather to grow, so the peak harvest time is August-October.

Nutrition

Honeydew is high in vitamin A, vitamin C, potassium, and fiber.

Fun Facts

- California produces the majority of honeydew sold in the U.S.
- Melons are related to squash and cucumbers.
- Honeydew does not ripen after it is harvested.
- Honeydew is the sweetest of all melons.

WISCONSIN DEPARTMENT OF
Public Instruction
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