

Taste Test: Honeydew



Honeydew is a summer melon with a cream-colored, rough outside rind and a juicy light-green inside. The inside of the honeydew has a hollow cavity, which contains small, white seeds. Honeydew melons are typically grown in the United States and Mexico, and are tastiest between the months of August and October.

Food Fact

Honeydew melon is a source of vitamin C, folate and potassium. It is fat free and very low in sodium.

How to Choose:

- If buying an uncut honeydew, pick one that is heavy for its size, and has a smooth, cream-colored rind.
- Avoid honeydew that is too firm, soft, bruised, or contains brown spots.

How to Prepare:

- Cut the honeydew in half and scoop out the cluster of stringy fruit and seeds.
- The flesh can be sliced, cubed, or scooped into balls.

How to Store:

- Keep uncut honeydew at room temperature.
- Once cut, a honeydew must be kept in the fridge and will last for up to three days.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try honeydew again?

YES NO

Ideas for Serving Honeydew:

- Honeydew makes a delicious addition to any type of fruit salad.
- Cut honeydew in half, scoop out the seeds and fill the hollow cavity with a low fat cottage cheese or vanilla yogurt for a quick and healthy dessert.
- Make fruit kebabs with bite-sized pieces of watermelon, cantaloupe, oranges, and honeydew.

Honey, Apple, and Avocado Smoothie

Makes 2 servings

Ingredients:

- 2 cups chunks honeydew melon
- 1 small ripe avocado, peeled and cut into chunks
- 1 small yellow apple, peeled and cut into chunks
- 1 cup milk
- ¼ cup chopped fresh mint or coriander
- 1 tsp fresh ginger minced
- 3 Tbsp lemon juice
- Honey to taste



Directions:

1. In a blender, combine melon, avocado, apple, milk, mint, and ginger. Puree until smooth.
2. Add lemon juice and honey, if melon is not super sweet.
3. Pour into 2 glasses and serve.

Recipe adapted from

<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/honeydew-apple-and-avocado-smoothie>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx. Accessed July 20, 2012



