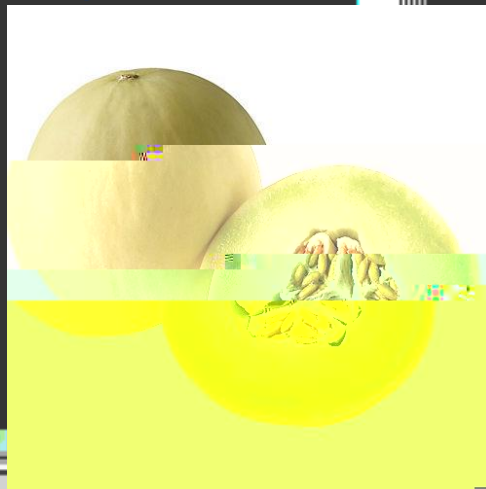


Honeydew

- Honeydew is the sweetest of all melons, and can be found with white or yellow skin – white skin is sweeter than yellow
- Records of honeydew use date back to 2400 BC. Information about them was obtained from ancient Egyptian tombs. Even the Romans used to cultivate honeydew.
- The inside of the fruit is light green, soft, and juicy
- Honeydew is 90% water, so eating melons are a good way to stay hydrated!
- This melon is high in Vitamin C which is good for our skin, blood, and bones! One cup of honeydew provides 70% of the daily required amount of Vitamin C.



Sources:

1. <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/fact-sheet-honeydew.pdf>
2. <https://www.kidsfruit.org/get-learning/h-is-for/>