

FOOD PREPARATION STEPS



1. Wash honeydew thoroughly, using soap and a food scrubber.



2. Cut a small section off the stem end and its opposite side.



3. Stand fruit on flat end and cut in half.

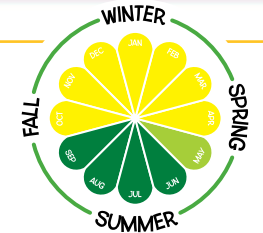
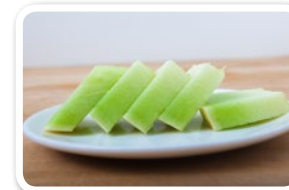


4. Remove seeds and cut each half into wedges.



5. Lay each long wedge on its side and cut into triangle-shaped pieces.

Honeydew provides vitamin C, which prevents damage to cells and disease. It also supports healthy blood vessels and skin. The fiber in honeydew helps to balance blood sugar and maintain digestive health. Honeydew's high water content makes it a good snack for keeping hydrated.



● MODERATE AVAILABILITY ● PEAK AVAILABILITY

- Honeydew are available in Hawai'i from May to September.
- Look for fruits that are heavy for their size and feel waxy, not fuzzy. Ripe melons should be slightly fragrant.
- Avoid fruits with blemishes, cuts, soft spots, or mold.
- Uncut fruit can be stored at room temperature for a few days.
- It is very important that melons be washed before being cut.
- Cut honeydew should always be stored in the refrigerator to inhibit bacterial growth. Remove skin completely if fruit will not be eaten right away.

**Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.