

Honey Dew Melons

Look: The Honey Dew Melon is round and the rind is a whitish yellow. The flesh is a pale, soft green and sometimes orange.

Taste: Honey Dew Melons smell slightly floral and taste refreshingly sweet. Some think they have a honey-like taste which is where they got their name!

Touch: The rind of the honey dew is smooth and thick but inside the flesh is soft and juicy.



Honey Dew Melons contain 90% water and are a great way to stay hydrated!



Did you know?

Honey Dew Melons are also called "Winter Melons!"



Nutritionals



Honey Dew is a rich source of vitamin C which is good for your skin, blood and bones!