Selection:

Choose a honeydew melon that has a velvet-like texture, nice fruit smell, yellow to creamy white color, and heavy for its size. Ripe honeydew melon will have a little bit of wrinkling on the skin's surface that can be felt by touching.

Storage:

Store unwashed honeydew melon at room temperature for up to 1 week or until ripe. Ripe, cut honeydew melon should be stored in a resealable container or bag in the refrigerator for up to 1 week.

Room Temperature: Up to 1 week, or until ripe
Refrigerator: Up to 1 week

Use:

Rinse the rind of the honeydew melon thoroughly before preparing. Use a knife to carefully cut in half and scoop out seeds with a spoon. Cut each half into sections. Hold the sections as you cut the green part of the melon from the rind. Cut into chunks or slices and throw away the rind. Honeydew melon is best eaten raw.

Digital Scale:
The number on the screen = Total Weight

Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Honeydew melon can be sold individually or by the pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the honeydew melon you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Honeydew Melon

Use this table to find the total cost.
Example: What is the total cost for a 2.5 lb honeydew melon at $0.59 per lb? **2.5 lbs x $0.59 = $1.48**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

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Nutrition:

Honeydew Melon
(1/10 of a medium 6 to 7 inch melon)

Nutrition Facts	
Serving Size 1/10 medium melon (134g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 2%	Vitamin C 45%
Calcium 2%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for a wedge of honeydew melon, which is about 1/10 of a medium 6 to 7 inch melon. All honeydew melons are not the same size, but you can use this to estimate the nutrition content for a smaller or larger honeydew melon.

Recipe:

Cherimoya Fruit Salad

Preparation Time: 10 minutes plus chilling time
Serves 6
Cups of Fruit per Serving: 1

Ingredients:

1 cup cherimoya pulp, seeds removed (about ½ fruit)
1 medium banana, peeled and sliced
2 cups fresh orange sections
1 cup mango, cubed
2 cups honeydew melon, cubed
Mint leaves for garnish (optional)

Preparation:

1.) Place cherimoya pulp and sliced banana in a medium bowl.
2.) Add oranges and stir gently to cover fruit with orange juice (this will prevent browning).
3.) Add mango and honeydew, stir to combine.
4.) Cover and refrigerate until chilled, about 1 hour.
5.) Garnish with mint leaves, if desired.

Nutrition Information per Serving:
Calories 103, Total Fat 0.5 g, Saturated Fat 0.1 g, Cholesterol 0 mg, Sodium 12 mg, Carbohydrates 26 g, Dietary Fiber 4 g, Protein 2 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.