



- ◆ Honeydew melons are native to southern France and Algeria.
- ◆ Records of the use of these melons dates back to 2400 B.C.
- ◆ The Honeydew was revered as a sacred food by the ancient Egyptians.
- ◆ Christopher Columbus brought over the first honeydew seeds to North America on his second expedition. The honeydew melon was introduced to California by Spanish missionaries in 1683.
- ◆ Honeydew are the sweetest of all melons when ripe.
- ◆ Dried and roasted melon seeds are consumed as healthy snacks in counties from the Middle East.
- ◆ Honeydew melon is a good source of vitamin A and C, beta carotene. It also contains vitamin B, E, and K, along with iron, calcium, zinc, magnesium, potassium, and phosphorus.

## HONEYDEW