



Geography/History

"Honeydew" Melon is in fact the American name for the White Antibes cultivar which has been grown for many years in southern France and Algeria.

In China, honeydews are known as the Bailan melon; they are a locally famous product near Lanzhou, the capital city of Gansu province in China's northwest.



See the table below for in depth analysis of nutrients:
 Honeydew (Cucumis melo), Fresh,
 Nutritive Value per 100 g
 (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	36 Kcal	1.5%
Carbohydrates	9.9 g	6.5%
Protein	0.54 g	1.5%
Total Fat	0.14 g	<1%
Cholesterol	0 mg	0%
Dietary Fiber	0.8 g	2.25%
Vitamins		
Folates	19 mcg	5%
Niacin	0.418 mg	4.5%
Pantothenic acid	0.155 mg	2%
Pyridoxine	0.072 mg	5.5%
Riboflavin	0.012 mg	2%
Thiamin	0.038 mg	1%
Vitamin A	3382 IU	112%
Vitamin C	18.0 mg	61%
Vitamin E	0.02 mg	0.5%
Vitamin K	2.9 mcg	2%
Electrolytes		
Sodium	1 mg	0%
Potassium	228 mg	6%
Minerals		
Calcium	6 mg	1%
Copper	0.24 mcg	4.5%
Iron	0.17mg	2.5%
Magnesium	10mg	3%
Manganese	0.027 mg	2%
Zinc	0.18 mg	1.5%
Phyto-nutrients		
Carotene-β	2010 mcg	--
Crypto-xanthin-β	1 mcg	--
Lutein-zeaxanthin	27 mcg	--

Description/Taste

Honeydew Melon has a smooth, firm pale cornflower colored skin that encases sweet, pale green flesh. Round to oval and somewhat larger than a Cantaloupe, this melon's skin turns from green to white to yellow as it matures. As the honeydew ripens, its skin transforms from very hard and smooth to a velvety texture and often develops a slight stickiness. If the blossom end yields to gentle pressure, the melon is ready to eat. Honeydew melons range in weight from four to eight pounds. Once a melon is picked, it can no longer get any sweeter. When it is harvested determines how sweet the melon is. Vine-ripened melons picked at their peak maturity have the best flavor and highest sugar content.

