

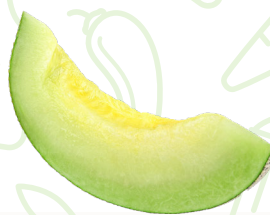
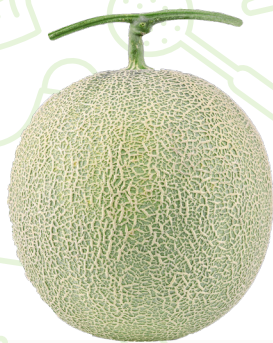


FOOD FOR THOUGHT:

Heavenly Honeydew

HONEYDEW FUN FACTS:

- The smooth skin of the honeydew is a greenish-white color. The inside is a very light shade of green.
- Honeydew melons are a rich source of vitamin C which is good for your skin, blood, and bones.
- California is the largest producer of honeydew in the United States, but they can also grow in our home state of Texas.



TRY HONEYDEW IN MORE WAYS THAN ONE!

- On its own
- In sorbet
- In a melon salsa
- In a mixed fruit cup



DID YOU KNOW?

- Honeydew melons are 90% water. What a refreshing fruit!
- There are also golden varieties of the honeydew. Golden honeydews have yellow skin with orange and pink flesh.



TRIVIA QUESTION:

Honeydew melons are related to which other fruit?

- A PEACHES** **B CANTALOUPE** **C APPLES** **D PEARS**

Flip page for answer *



HONEYDEW MELON SALSA

Servings: 4

Ingredients:

With adult supervision, chop ingredients as listed*

- 2 cups diced honeydew melon
- 1 cup diced cucumber
- ½ cup chopped red onion
- 1 jalapeño chopped
- ½ cup chopped cilantro
- ¼ cup lime juice
- 3 Tbsp extra virgin olive oil
- Salt and pepper to taste

Instructions:

1. Mix all ingredients together in a medium bowl.
2. Cover and keep chilled until ready for use.
3. Serve with tortilla chips and enjoy!



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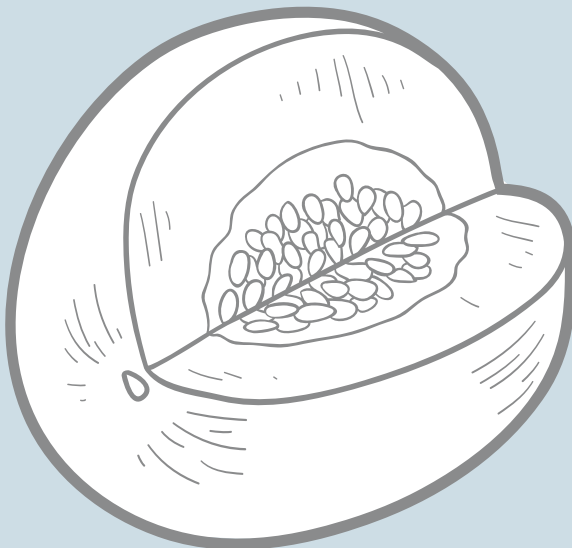
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SOLVE THE PUZZLE



COLOR IN THE HONEYDEW



Answer: B

**WATCH THE
HONEYDEW GROW!**

1



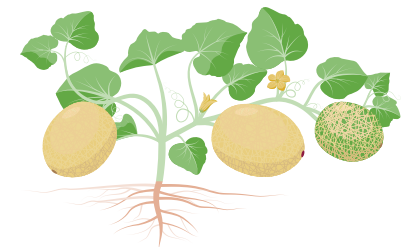
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