



Honeydew Melons

FIND LOCAL HONEYDEW MELONS IN ARIZONA:

Duncan Family Farms Located in Litchfield Park, Arizona

Arevalos Farm: Located in McNeal, Arizona



More local produce is in season and available now!! **Zucchini, Straight Neck** and **Crook Neck Yellow Squash**

Check out what Other Local Foods are Available!!



**2026
Producer
List**



HONEYDEW HARVEST FACTS

- Honeydew melon was first grown in Asia and is the sweetest of all melons.
- Honeydew grows in sandy soil on a vine.
- Honeydew melons are high in vitamin A, vitamin C, potassium, and fiber.
- Honeydew can be found with white or yellow skin. Melons with white skin taste sweeter than the yellow-skin variety.
- It takes about 3-4 months for honeydew to grow.
- Melons are related to squash and cucumbers.
- Arizona is 2nd in the country for growing the most honeydew.

TASTE

RECIPE: Mint Melon Mix

This is an easy and refreshing dish. It is a great way to experiment with honeydew.

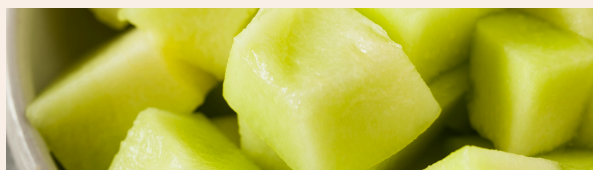
Ingredients: **Yields: 6 cups**

- 1 Tablespoon lime juice
- ¼ cup fresh mint leaves
- 2 Tablespoons packed brown sugar
- 3 cups watermelon cubes
- 3 cups honeydew cubes

Directions:

- Dice honeydew and watermelon.
- Remove mint from stem.
- Add brown sugar, mint, and lime juice in a blender.
- Place melons into a bowl and pour dressing over melons and gently toss.

QUICK MATH: Honeydew



One Pound Fresh, Whole Honeydew as purchased (AP) provides approximately 5, ¼ cup servings



To ensure food safety with **fresh produce** always thoroughly wash under running water immediately before cutting and eating.

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