

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

HONEYDEW



A honeydew has a round to slightly oval shape. Like most fruit, honeydew has seeds. The inner flesh is eaten, often for dessert, and honeydew is commonly found in supermarkets across the world alongside cantaloupe melons and watermelons. The skin of honeydew melons can be green, white or yellow, while the interior flesh is usually a light green color.

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