



# SIMPLY GOOD FOOD

## Honeydew (and Honeyball)

A smooth skinned "winter group" melon with light green to white flesh. "Winter indicates that the melon takes longer to ripen than others. They are ready in the fall. A salmon pink honeydew has been bred.

**Culture:** As in the cantaloupe, honeydew originated in the Old World being introduced by the English and Spanish to the New World.

**Choose:** Melons whose maturity is shown by a soft, velvety feel, and for ripeness, shown by a slight softening at the blossom end, a faint pleasant fruit aroma, and a yellowish white to cream rind color.

**Avoid:** Melons with a dead-white or greenish-white color and hard, smooth feel (which are signs of immaturity), large, water-soaked bruised areas (signs of injury), and cuts or punctures through the rind (which usually lead to decay). Small, superficial, sunken spots do not damage the melon for immediate use, but large decayed spots will.

**Store:** Slightly under-ripe melons uncut at room temperature in a brown paper bag pierced in several places. Cut melons will not ripen further. Refrigerate cut melons in airtight containers to prevent their odor affecting other foods. Serve within 2 days. Dessert melons such as honeydew freeze well in cubes.

**Preparation:** Wash honeydew with soapy water and a vegetable brush. Rinse well. Cut in half and then in quarters. Peel skin to cut into chunks.

**Nutritional Information:** For all its sweetness, honeydew is very low in calories. One cup cubed honeydew melon has only 60 calories and is extraordinarily high in Vitamin C (42 mg.)

**To Serve:** It may be served in quarters with the skin on or use a melon baller to scoop out bite size round pieces. Serve only slightly chilled for fuller flavor. Melons are usually served raw. Half a melon makes a first course or dessert, decorated with a sprig of mint. Cut in half and remove the seeds and fill with cottage cheese, berries, or mixed fruit, vegetables, or meat salads. Serve with a scoop of ice cream for dessert.



### Honeydew Balls with Persimmon Sauce

- 2 ½ cups honeydew melon balls
- 3 persimmons
- ¾ cup water
- ¾ cup sugar

Wash and cut honeydew. Scoop out into balls. Peel and crush persimmon pulp and cook 5 minutes in a saucepan with sugar and water. Strain, chill, and pour sauce over melon balls in sherbet cups. Serves 6

### Honeydew - Raspberry Delight

- 1 honeydew melon
- 1 quart vanilla ice cream
- 2 cups sweetened raspberries

Cut washed honeydew melon into 8 crosswise slices ¼-½ inch thick. Remove seeds and rind. With a sharp knife, make diagonal slashes around edge of melon slices. Place melon slices on dessert plates and top each with a large scoop of ice cream. Circle scoop of ice cream with sweetened raspberries. Serves 8

### Honeydew Melon Cocktail

- ½ cup sugar
- ⅓ cup water
- 2 tablespoons each of lemon, lime and orange juice
- 1 honeydew melon

Wash, cut and peel honeydew and scoop out balls. Place chilled balls in dessert cups. Cook sugar, water, and juices 5 minutes. Pour over balls.

Sources: *The Food Lovers Tiptonary; The Joy of Cooking; Handbook of Food Preparation; Labeling Facts, Produce Marketing Association; The Nutrition Bible; Encyclopedia of Cooking*

### Supporting State Extension Goal: Health, Safety and Well Being

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