

# INCREDIBLE EDIBLE IDAHO

## MELONS



▲ Watermelon



▲ Cantaloupe



▲ Honeydew

### IDAHO MELON FACTS:

Idaho grows watermelon, cantaloupe, and honeydew melons. They are available in grocery stores and farmers markets August through mid-October.

Look for new varieties at your farmer's market. Some Idaho farmers grow unique varieties like yellow watermelon, snow leopard honeydew and canary melons.

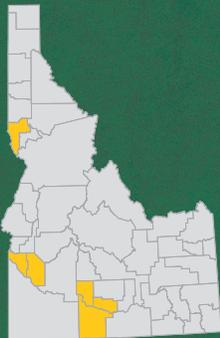
Because most melons are so fragile, they have to be harvested by hand, not by machine.

### MELON NUTRITION FACTS:

Melons are a sweet, refreshing, low-calorie food. One half cup of watermelon chunks has less than 25 calories.

Melons are a good source of vitamin C.

Melons of different colors have different nutrition. Red watermelon has lycopene, orange cantaloupe has beta-carotene, and green honeydew has lutein. These antioxidants protect your body from cell damage that can cause disease.



### Top melon producing counties:

Ada Canyon Twin Falls  
Jerome Nez Perce Gooding

