

- FARM FRESH -

Melons



MELONS PROVIDE UNIQUE HEALTH BENEFITS.
THEY ARE FULL OF ESSENTIAL VITAMINS AND A NATURAL SOURCE OF BENEFICIAL ANTIOXIDANTS.

FOOD *for* FUEL

HERE ARE SOME OF THE HEALTH BENEFITS OF
INCLUDING MELONS IN YOUR DIET:

Immune System SUPPORT

Cantaloupe and honeydew melons are packed with vitamin C, which helps keep your body healthy and fight off sickness.

Healthy HEART

Watermelon contains an antioxidant called lycopene, which gives the fruit its red color. Lycopene helps protect your body's cells from damage and supports heart health.

Hydration HELP

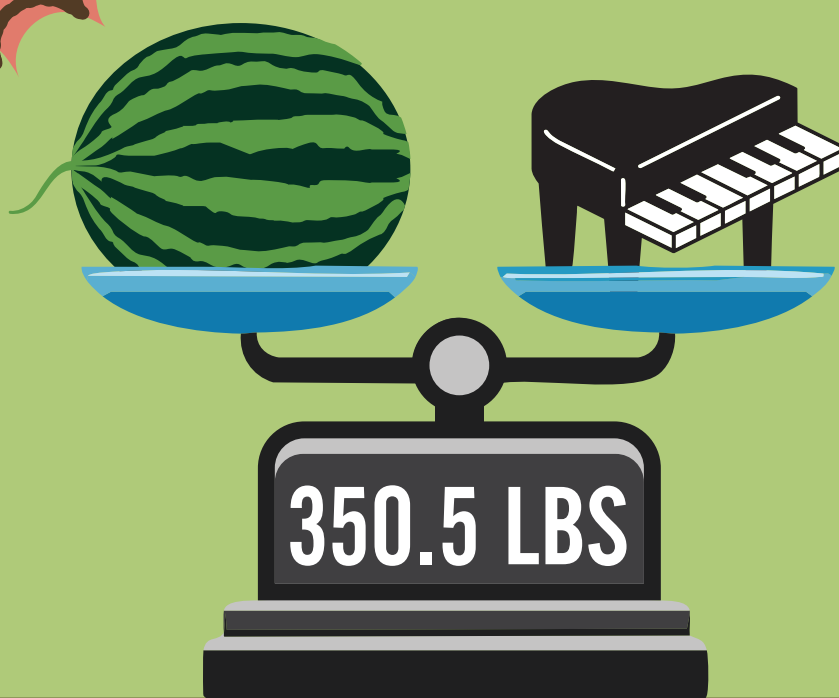
Melons like watermelon and honeydew are mostly water. Eating them helps you stay hydrated, which helps your body feel good and makes it easier for food to move through your body.



"Growing watermelons isn't easy, but seeing the fruit of your work makes it worth it. We love sharing our harvest with our friends, family, and the community."

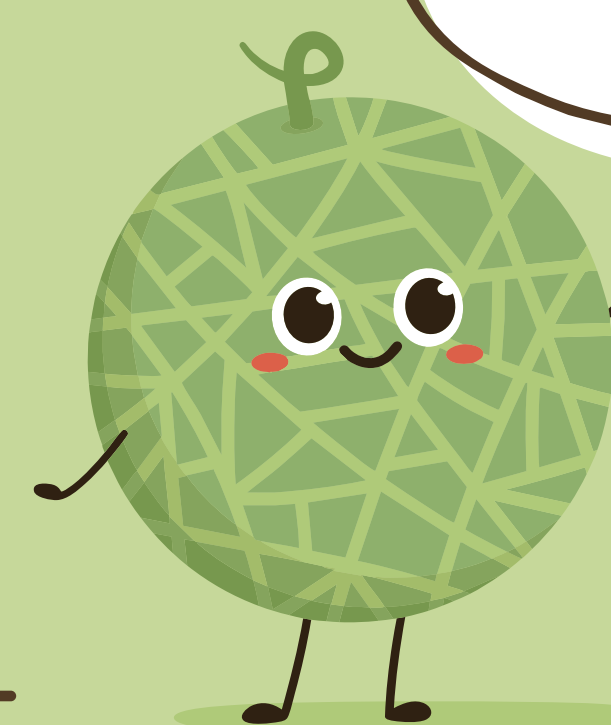
— **Tommy Bottoms**
Melon Farmer | Davis, CA

Did you know?



Melons were grown along the Nile River thousands of years ago, and ancient Egyptians sometimes buried melon seeds in tombs to help feed the dead in the afterlife.

According to Guinness World Records, the world's heaviest watermelon was grown by Chris Kent of Sevierville, Tennessee in 2013, weighing in at 350.5 lbs. That's roughly the weight of a grand piano!



Why was the honeydew so popular?

Because it was one in a melon!

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more about melons.