



# *Honeydew*

#75736 | 6/1 Cnt

## Overview:

Honeydew is a smooth, sweet melon known for its pale green flesh and refreshing flavor. Mild and juicy, it's a popular choice for fruit salads, snacking, and chilled desserts. Its subtle sweetness makes it a perfect complement to both sweet and savory dishes.

## History:

Honeydew melons are believed to have ancient roots in Africa and the Middle East, where melons were cultivated for their sweetness and ability to store well. Over time, honeydew varieties were refined and spread worldwide, becoming a warm-weather favorite.

## Growing Region:

Honeydew grows best in warm, sunny climates with well-drained soil. In the United States, it's commonly produced in California, Arizona, and Texas, with additional seasonal imports from Central America. Peak availability typically falls in late spring and summer.

## Nutrition:

Honeydew has a high water content, which gives it its crisp, juicy texture. It contains small amounts of natural sugars, vitamin C, and potassium.

## Preparation:



To prepare honeydew, slice it in half, scoop out the seeds, and cut the flesh into wedges or cubes. It's delicious served fresh, blended into smoothies, or paired with herbs and cheeses. Store cut honeydew in an airtight container in the refrigerator for best freshness.





# *Spinach*

#GC938 | 4/2.5 Lb

## Overview:

Spinach is a versatile leafy green with smooth, dark green leaves and a mild, slightly earthy flavor. It works equally well fresh or cooked, making it a staple for salads, sautés, soups, and smoothies. Its tender texture and deep color add both visual appeal and flexibility in the kitchen.

## History:

Spinach originated in ancient Persia and spread through Asia and Europe before becoming widely used across the world. By the Middle Ages, it was a common garden crop valued for its fast growth and adaptability. Today, spinach is enjoyed globally in countless cuisines and preparations.

## Growing Region:

Spinach thrives in cool weather and fertile, well-drained soil. It's commonly grown in regions such as California, Arizona, and the Pacific Northwest, where consistent temperatures allow for extended growing seasons. Because it matures quickly, spinach is also popular with local and small-scale growers.

## Nutrition:

Spinach is composed largely of water, contributing to its tender texture. It contains small amounts of vitamins and minerals, including vitamins A and K, folate, and iron. Its deep green color comes from chlorophyll and other natural plant pigments that develop as the leaves mature.

## Preparation:



Before using, rinse spinach thoroughly and pat dry. It can be enjoyed raw in salads or quickly cooked, where the leaves gently wilt and deepen in flavor. Spinach pairs well with garlic, citrus, cheeses, and grains. Store it refrigerated and use within a few days for best quality.

