

## Cantaloupe vs Honeydew (vsdiff.com)

Attribute	Cantaloupe	Honeydew
Botanical group	<b>Muskmelon</b> (Cucumis melo, typically <i>reticulatus</i> )	<b>Winter melon</b> types (Cucumis melo <i>inodorus</i> )
Rind & appearance	Net-textured rind; <b>orange</b> to deep-orange flesh	Smooth, pale rind; <b>pale green</b> to greenish flesh
Typical Brix (sugar)	~8-16° Brix (varies by cultivar & ripeness)	~10-14° Brix (often steadier but milder)
Aroma & flavor	<b>Pronounced aroma</b> , floral and honeyed; more <i>assertive</i>	Subtler aroma; <b>clean, sweet</b> and less perfumed
Texture	Softer, slightly fibrous	Smoother, firmer flesh
Seasonality	Peak: <i>mid-summer</i> (regional variation)	Available late summer to <i>early fall</i> ; longer storage window
Storage	Shorter shelf life; <b>store cool</b> and consume within ~3-7 days ripe	Longer shelf life; can keep ~1-2 weeks refrigerated ripe
Common uses	Fresh eating, salads, salsas, smoothies	Fresh plates, desserts, chilled soups, pairing with prosciutto

Source: <https://vsdiff.com/cantaloupe-vs-honeydew/>