

It's Melon Season

Summer and fresh, juicy melons are a perfect match. Whether you grow them or buy from somewhere else, handling and prepping them safely at home is important.

It is easy to forget that melons grow on the ground. They are exposed to pests and microorganisms from the soil. Here are some tips to safely prepare your melon.

Select a melon with no imperfections. Damage to rinds can cause mold growth or other bacteria to travel to the inside of the melon.

Before cutting the melon, wash your hands. Be sure equipment and utensils are clean and sanitized, including your sink.

Place the melon under running water and scrub the outside rind with a produce brush.

Cut the melon and rinse the pieces as you go. Serve immediately. Store any cut melon leftovers in the refrigerator