
MARKET SAFETY

Food safety is important when you're shopping too!

Why Wash the Rind?

Washing melons or other fresh fruits before cutting them reduces bacteria that may be present on the surface.

These bacteria could be from the soil that the fruit grew in, or perhaps they could be on the hands of the person who picked it. They could also be on the hands of the shipper or even the market owner.

Some people think that since you don't eat the rind of a melon, it's not necessary to wash it, but if the rind is not washed before cutting, any bacteria that might be on the rind could be transferred to the moist center of the fruit — where it could easily grow and multiply.

Similarly, the cutting surface and knife that you use on the fruit should also be clean, to stop any bacteria from spreading.

Watch for Danger:

If you're shopping at farmers' markets or grocery stores that sell sectioned or fresh-cut fruit, make sure you choose a place that keeps food safety in mind.

When you're tempted to taste a sample or purchase something, look around and make sure that the person offering the sample or selling the item is using good food safety practices. These practices include: washing the produce before cutting it, wearing clean gloves, using a clean knife and keeping items cold as necessary. Don't take risks with food safety.

