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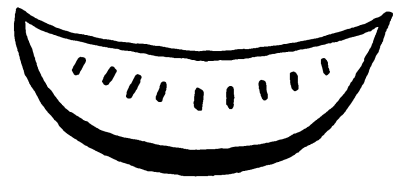
FOOD NEWS

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## MELONS

Melons are good in the summertime! They add variety to meals and snacks. You can buy whole melons or pieces. Pieces usually cost more per pound than whole melons.

### WATERMELON



- Uncut watermelon should have
- A relatively smooth surface
  - Rounded ends
  - A slightly dull rind
  - A creamy color underside or "belly"

Cut watermelon should have

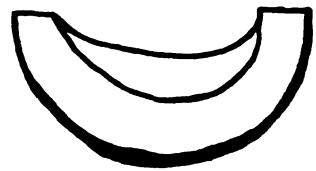
- Firm juicy flesh
- Good red color, free from white streaks
- Dark brown or black seeds

Avoid melons with pale colored flesh and white streaks, dry and mealy or watery, stringy flesh and white seeds.

CANTALOUPS (MUSKMELONS)

Choose a cantaloup on which

- The stem end is a smooth, shallow basin (a "full slip")
- The netting or veining is thick, coarse, and stands out
- The skin color between the netting has a yellowish cast



Avoid

- Overripeness
- Mold growth

Smell the cantaloup to help judge ripeness.  
Ripe ones should smell like cantaloup.

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