

# WHY SWEET MELON & CANTALOUPE CAN BE POISONOUS MORE THAN OTHER FRUITS?

Cantaloupe and sweet melon have a large history of outbreaks in many countries and resulted in multiple illnesses, hospitalization, and even deaths.

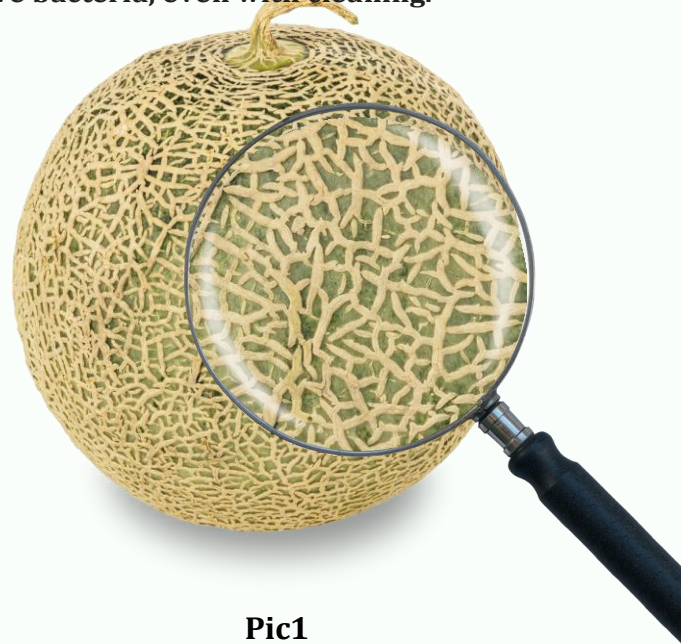
Also, several fruit products including berries, melons and pre-prepared fruit salads have been linked to food poisoning outbreaks.

## But why?

Fruits and vegetables grown on the ground such as cantaloupe (rock melon), sweet melon, potatoes, and onion requires some more attention because they grow in soil - remember soil is a source of bacteria - and therefore have a high risk of causing food poisoning due to Listeria and other bacteria, which can grow on the rind and spread to the flesh if not washed properly before cutting. Our mistake falls here, that sometimes we bring the peeled fruits from the store, and we immediately cut them without washing; thinking that we will eat the inside part only and we forget that the knife passed through soil, dust, pesticide, herbicides and continued its way to the flesh that we eat later.



Cantaloupe and sweet melon are a particularly high-risk fruit due to its rough, netted skin, which provides protection for Listeria and other bacteria (see pic1). This makes it difficult to completely remove bacteria, even with cleaning.



Pic1

## What shall we do?

All fruits and vegetables require thorough washing and disinfection, but especially sweet melon, cantaloupe, and pineapple requires to be scrubbed with a hand brush under running water due to their rough skin where bacteria can hide.



