



## TIP OF THE WEEK

### Culinary Q & A



**Q: Can you give advice on how to pick and choose watermelons?**

**A:** Watermelons are the treat of summer: refreshing, watery and sweet, just one bite quenches your thirst.

- Choose a watermelon with the scent-and-pressure method instead of thumping (which is rumored to distinguish good melons from others, but does not).
- Ripe melons will yield slightly to applied pressure and not smell sour, a sign of over ripeness.
- Once purchased, store at 55 degrees Fahrenheit, for 7 to 10 days. Melons do not ripen or become sweeter once they are picked, so choose well.
- Look for dark green melons with distinct coloration and markings. Watermelons, especially the oblong-shaped ones, have a white patch along one side. This is where the watermelon rested in the ground, and is normal. This spot becomes more cream-colored as the watermelon ripens.
- Once a melon is cut, it can be refrigerated for about one week, wrapped in plastic or in an airtight container.
- Keep watermelons away from apples, tomatoes, and bananas, all of which will speed the deterioration of the watermelon.
- Wash watermelons in soapy water to make sure all the dirt and any edible wax are washed away.

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