The U.S. Centers for Disease Control and Prevention (CDC) says that cantaloupes grown in southwestern Indiana are the likely source of an outbreak that has sickened over 175 and led to two deaths.

U.S. Food and Drug Administration officials have announced that Chamberlin Farms, located in Owensville IN, have recalled their cantaloupes a result of the outbreak. The investigation of this outbreak is ongoing as it is possible that there are other sources of the illnesses.

Research has shown a potential for bacteria to be pushed into the meat of the cantaloupe during slicing, and many authorities recommend washing cantaloupe before cutting. Due to the roughness of the rind, it is difficult to wash away much of the bacteria. Using a scrub brush under running water (especially at the cut point) can reduce the risk of pathogen introduction.

What you can do

- Refrigerate cantaloupes quickly after slicing. Bacteria such as *Salmonella* and *Listeria* can grow quickly on the orange flesh of the fruit when held above 41°F.

- Ask suppliers about food safety risk-reduction practices including how they manage water, cleaning and sanitation and staff.

- When washing the outside of a cantaloupe, vigorously use a scrub brush under running water to remove any easy-to-get-to bacteria.

- Don't wash multiple cantaloupes at once by soaking in a sink. This could lead to pathogen transfer from one fruit to another.

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