

Quick Tips to Keep You and Your Food Safe this Summer



As we spend time outdoors in the summer at family reunions and picnics, foodborne illnesses increase. When working with food outdoors, the ability to wash hands and keep food refrigerated is often limited. Following a few simple tips can keep you and your food safe.

-Pack the ice cooler correctly. It seems simple, but there are some things you can do to keep foods colder, and therefore, safer. A full cooler will keep food cold longer than one that

is partially filled. If you don't have enough food to completely fill a cooler, fill up the rest of the space with ice. Place meats in a separate cooler or on the bottom of the cooler in plastic bags. Put ready-to-eat foods, fruits and vegetables and drinks on top away from meat. Keep the cooler in your air-conditioned car as long as you can and when you reach your destination, place it in the shade. If you are on an extended camping trip, consider placing frozen meat in the cooler. It will stay cold longer and be thawed by the time you are ready to use it.

-When grilling, use a meat thermometer to determine if you have cooked the meat to a safe minimum internal temperature. This will destroy harmful bacteria. Meat cooked on a grill often browns very fast on the outside, but has not reached a safe temperature on the inside. Remember these important numbers: Cook ground beef to 160 degrees, poultry breasts and ground poultry to 165 degrees and beef, pork, lamb or veal steaks or chops to 145 degrees and allow to rest for 3 minutes.

-Don't cross-contaminate. Cross contamination happens when raw food comes in contact with cooked food. This can cause foodborne illness. One example is when grilling, raw meat is taken to the grill, cooked and then placed back on the same plate where the raw meat was. Another example is when cutting meat on a cutting board, and the knife and board are not washed. The next item might be watermelon to be sliced. Bacteria from the meat is then transferred to the watermelon, which can cause illness.

-When you are outdoors, it can be difficult to wash your hands before preparing food or eating. Make an effort to wash your hands. Especially after handling raw meat. Consider bringing water if the picnic spot or campground doesn't have any running water. Try to wash all fruits and vegetables before cutting so bacteria is not introduced into the product. For example, melons grow on the ground, allowing harmful bacteria

to deposit on the rind. When it is cut, the bacteria is carried into the inside of the melon unless it is washed.

-It is tough enough to deal with leftovers when you are in your own home. When you are outside, it can be more difficult, but it has never been more important. Remember to put leftovers away within 2 hours, unless it is higher than 90 degrees. Since bacteria grow fastest at high temperatures, put away perishable foods within 1 hour.

-Don't re-use marinades. If marinades are to be used after cooking, reserve some before putting the raw meat in and contaminating it.

-Remember that you can't see, taste or smell most foodborne bacteria. You may not know it is there until you feel ill.

References:

United States Department of Agriculture. *Food Safety and Inspection Service. Handling Food Safely on the Road.* Available

at: http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/handling-food-safely-on-the-road/CT_Index

United States Department of Agriculture. Food Safety and Inspection Service. *Safe Food Handling: Barbeque Safety.*

Utah State University. *Marinating Meat Safely.* Christensen, D. Available

at: http://extension.usu.edu/files/publications/publication/FN_FoodSafety_2009-01pr.pdf

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Best Vegetables for the Wasatch Front



Whether or not you have a green thumb, tips for gardening made

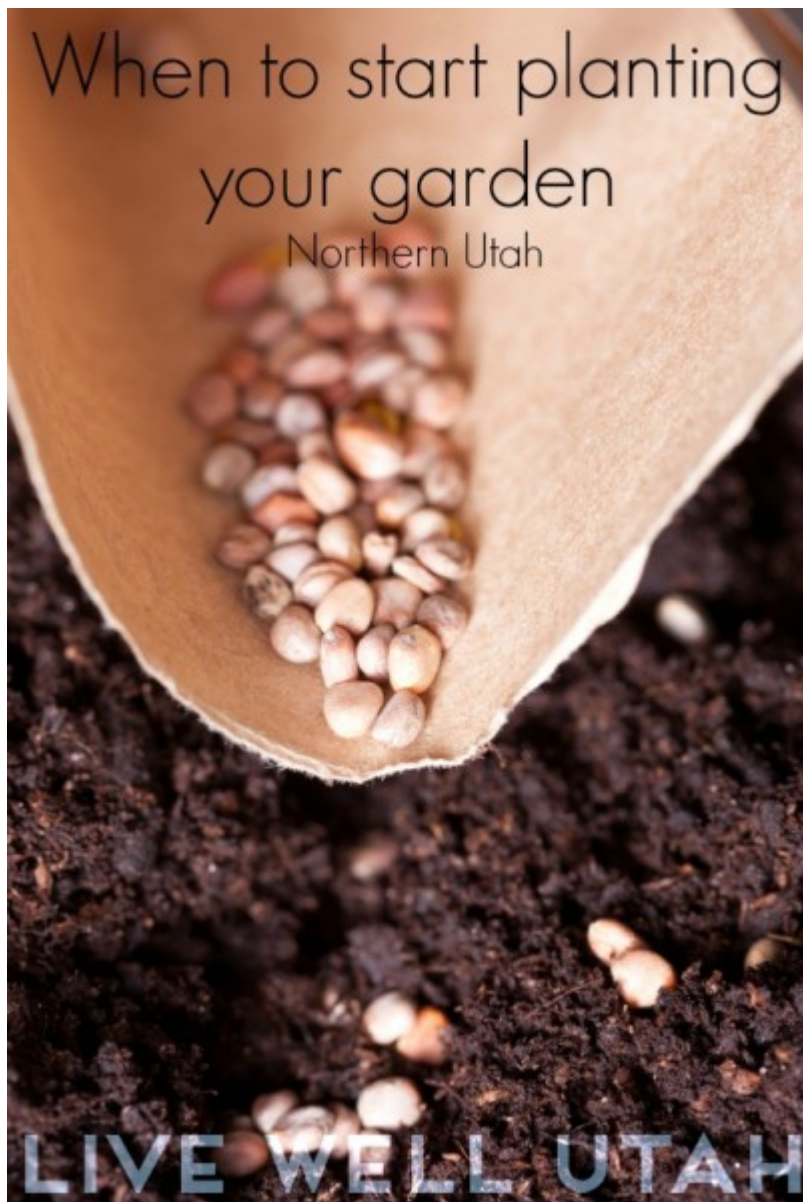
easier are always helpful. With the planting season here, you may be wondering if there is a better variety of cucumber, tomato, lettuce or even peas that works better in the Wasatch Front area. Or maybe you didn't even realize that some varieties do better in different areas.

Did you know there are five types of pumpkin and broccoli that do best?

And what type of sweet corn likes this area?

Thanks to a survey done last year, all this information has been put together for you! You can view and download the easy-to-read chart with all the varieties listed and even some information on seed suppliers.

Haven't planted yet? It's not too late. Check out our "When to Plant" guide posted earlier this year. Be sure to pin it so you can reference it next year and be ahead of the game!



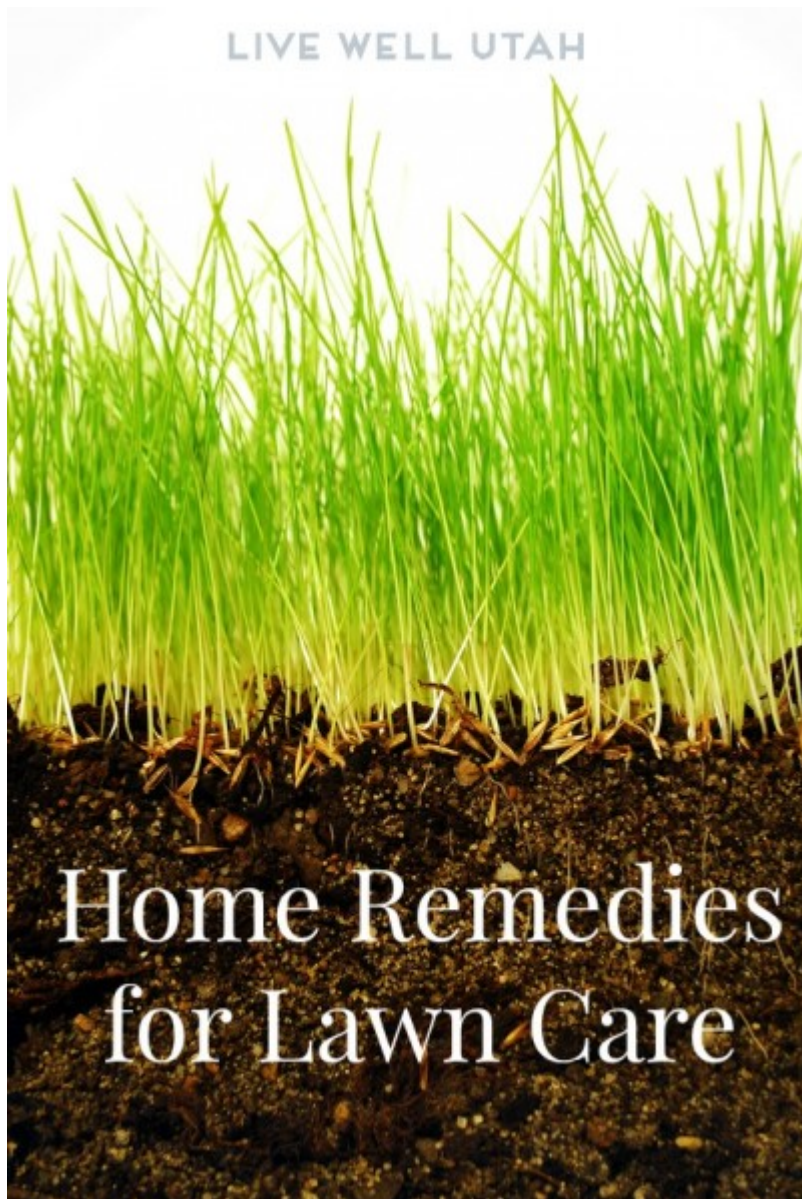
Don't live in Northern Utah? Check out Dixie Gardener for gardening information for the Southern part of Utah.

We hope these resources make it easier to be successful with your garden this year!

HOME REMEDIES for Lawn Care

Ask a Specialist: Can I Use Items from My Kitchen Pantry for Lawn Care Remedies?

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There are several reasons to consider using home remedies rather than commercial fertilizers and herbicides in the yard and garden, including sensitivities to chemicals and concern that such chemicals are unhealthy or present significant environmental hazards. Consider this information.

* A good alternative to manufactured fertilizers is compost produced in an out-of-the-way location in the back yard. Place grass clippings, leaves, food waste from the kitchen, pet feces and other such items in a pile. Mix the

materials and allow time, moisture and temperature to produce compost. Use multiple compost piles to allow older materials to be applied while newer items are processing.

* To control weeds without using manufactured herbicides, the best option is to pull, remove or interfere with weed growth. Regularly pulling, hoeing or mowing weeds and encouraging grass to grow and out-compete the weeds is an excellent solution. A variety of household items, such as newspapers, can be used as weed barriers. Lay the material down to prevent sunlight from reaching the unwanted plants, and cover with mulch or other plant-resistant material. Be cautious about the weed barrier material used because items such as plastic shower curtains or old tarps are good barriers but can be difficult to work with later when it is time to rework the site.

* Many people promote the use of common household items in place of herbicides, though this is not preferred. Herbicides kill unwanted plants. Some herbicides are selective – killing just grass or just broadleaf plants, while other herbicides are non-selective – killing all plants. Some herbicides are contact pesticides – killing only the parts of the plant contacted, while other herbicides translocate through plant tissue to kill all parts, above and below ground. Most of the fast-acting home remedies act as non-selective, contact herbicides that kill only the plant parts contacted and all plants treated.

* Common home remedies include a variety of petroleum-based products such as gasoline, diesel, kerosene, oil products, solvents, etc. These products will certainly kill plants, but they also present fire and environmental hazards. Other home remedies include boiling water, salt, bleach, vinegar, alcohol, dish soap, borax, baking soda and numerous caustic cleaning products such as oven cleaner. All of these products will kill plants if applied at a high enough concentration and with repeated applications, however, this

can be expensive and/or time consuming. If home remedies are to be used, products that are normally consumed are the safest, but not necessarily the most effective. It is also important to consider who or what pets or wildlife might come in contact with a treatment site.

For people who do not wish to use traditional chemical herbicides, it may be best to consider one of the newer eco-friendly products. Purchase an EPA-registered herbicide made with products similar to the safe home remedies. Such items are sold in a ready-to-use spray bottle with application instructions and safety recommendations. Work safely.

Direct column topics to: Julene Reese, Utah State University Extension writer, 435-797-0810 or julene.reese@usu.edu.

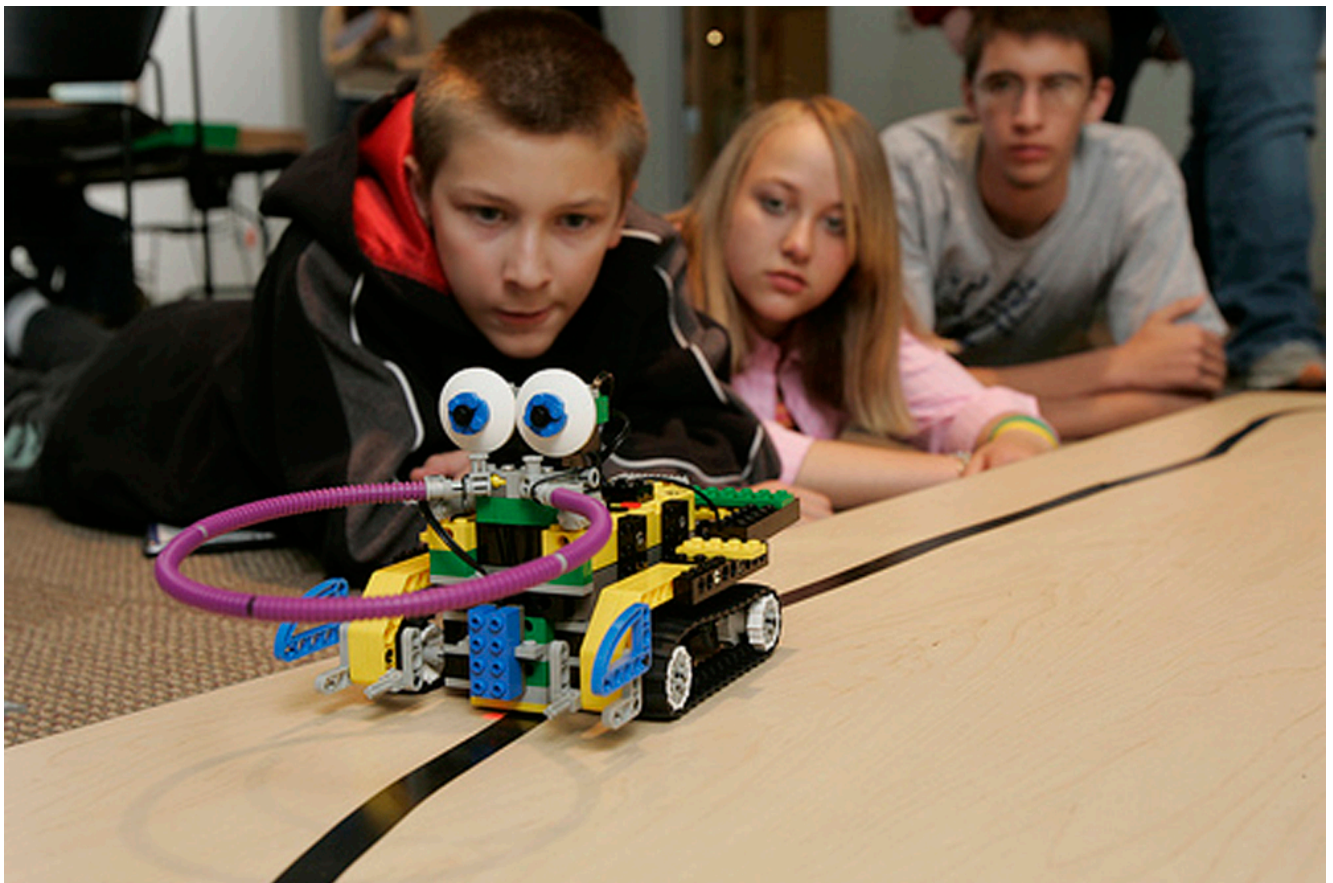
Aggie Adventures Summer Camps



Learning. Discovery. Engagement. Sound like a great way for kids to spend the summer? Then Aggie Adventures Summer Camps might be for you!

4-H Aggie Adventures and Summer Camps for Kids are educational day camps for children and youth in first through eighth grades in Utah. All camps emphasize hands-on learning and explore a variety of subjects including archeology, robotics, art, history, astronomy and more! Please click over to find a camp location in your area.





3 Fool-Proof Tips to Save for Summer Get-A-Ways

Author – Amanda Christensen

FOOL Proof TIPS



**to save for a
Summer vacation**

LIVE WELL UTAH

Don't you love long weekends? There's something about that extra day off that has me itching to get out and go somewhere! Yellowstone National Park is my go-to spot. Driving through that pristine park with no cell phone service is my preferred

method to “get away” for a while. However, those long Memorial/Labor Day weekend get-a-ways always end up costing a little more than expected. Help prevent those budget busters with these three fool-proof tips:

1) Tip: Automate 1%

- i. Automate 1% of your income into a separate account. This won't seem like a huge cut on your income but will add up over time. You can draw on this money as needed to supplement extra costs on those long weekend trips.

2) Tip: Use the Step-Down Principle

- i. Envision a staircase with multiple steps. Now think of an area where you could cut back your spending (eating out, entertainment, etc.) what can you do to take 1 step down to spend less in that area? Put the money you would have spent into the separate account.
- ii. Examples: Go out to eat 1 time less. Stay in 1 night for free fun instead of going out for paid fun. Share 1 dessert, soda or entree instead of ordering two.
- iii. Does it really add up? Yes! Saving just \$2.50 a day adds up to \$17.50 in a week and \$70 in a month! That's a tank of gas!

3) Tip: Tax Return Time!

- i. It's the time of year when we're making decisions about what to do with that tax return money. While paying down debt or saving for retirement are key, it's smart to take a bit of money and reward yourself. You may choose to put some money into your separate account for summer get-a-way expenses.

What other tips and tricks do you use to quickly stash some cash?



Amanda is an Extension Assistant Professor for Utah State University. She has a master's degree in consumer sciences from Utah State and is proud to call herself an Aggie! Amanda loves teaching and enabling individuals and families to make smart money decisions. @FamFinPro.

Marinate and BBQ – Recipes and Safety Tips



The holiday weekend is coming and that means grilling season will begin! Marinating the meat and smothering it in yummy sauces adds flavor to the BBQ feast. Looking for some good marinade recipes? Do you know what containers are safe to put your marinating meat in or how long it should sit? One of our agents, Darlene Christensen, has done all the work for you. Marinating Meat Safely answers all these questions and even includes some recipes to try! Click over to get all the information quickly.

Looking for some new side dishes to try at your BBQ? Here are a few that have caught our attention!

Vegetable Kebobs

grilled
vegetable kebobs



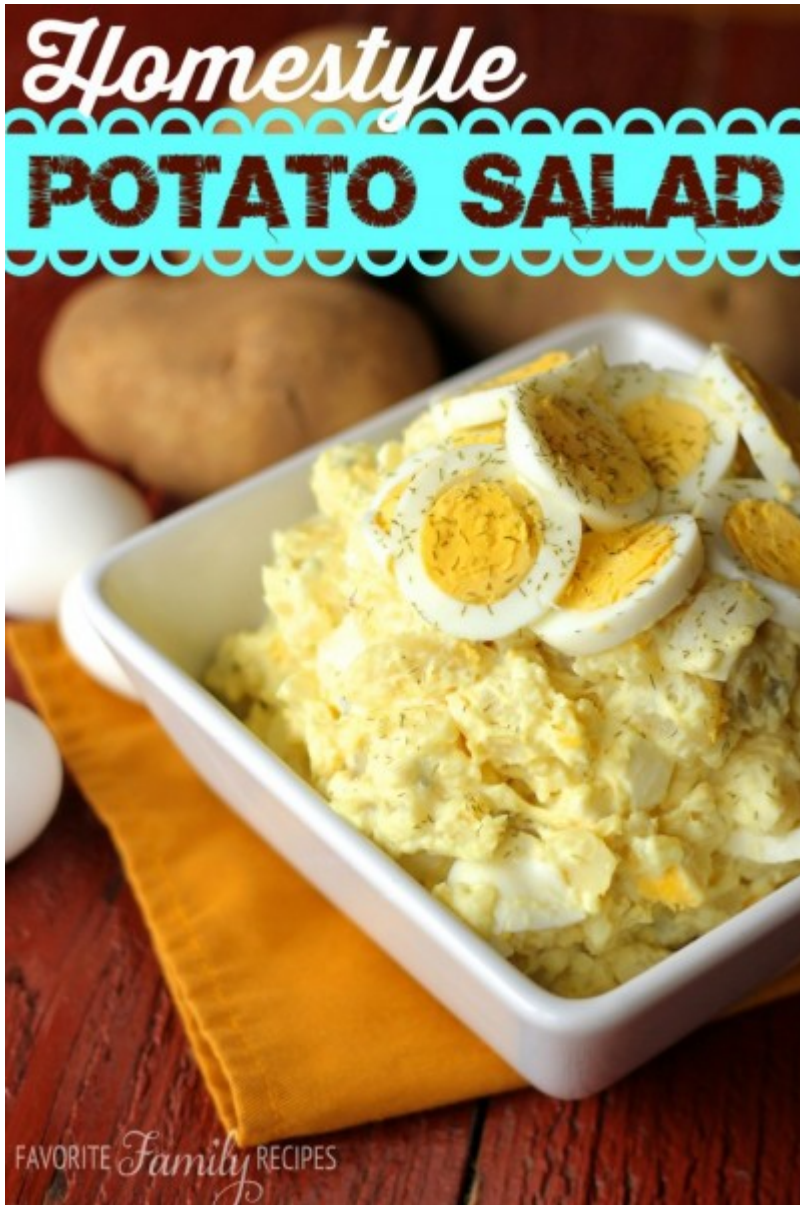
Root Beer Baked Beans



Mango Avocado Coleslaw



HomeStyle Potato Salad



Avoid Contamination: Where to go for safe canning recipes

Author: Melanie Jewkes

If I gave you a delicious-looking hamburger, complete with all your favorite condiments, and told you I couldn't guarantee it had been cooked long enough, would you eat it?

Avoid Contamination – Sharing Trusted Resources



I'm guessing you would probably pass and choose not to eat it. Why? Because eating raw meat poses a risk. We know from scientific studies that raw ground hamburger can contain bacteria called *E. coli*, which can make anyone sick and can be life threatening for young children and older adults. Does this mean we shouldn't eat ground hamburger? No, because scientific studies have also shown that if ground meat is cooked until a meat thermometer shows 160 F, then bacteria is killed, providing a safe food product. There is no need to avoid eating ground hamburger—the real answer to concerns about the safety of cooked meat is following the USDA scientific guidelines

So it is with canning. The process of preparing food and sealing it in jars for a long shelf life is a scientific process. Rigorous and thorough studies in USDA-endorsed laboratories have already determined what is needed to protect your home-bottled goods from going bad and from becoming contaminated. When these scientific processes are not followed accurately, the canned goods pose a risk similar to that of

undercooked meat. Canned goods not processed accurately could have a poor quality, could spoil quickly or could contain a toxin that is taste-less, odor-less, and cannot be seen with the naked human eye. This toxin grows from a germ called *Clostridium botulinum*, which causes the potentially deadly illness botulism. Botulism is rare, but scientific studies have proven proper processing procedures, including time and temperature, to kill the germ before it grows to a toxin.

What's the secret to safe home-bottled goods? Follow safe scientific canning guidelines.

What's the Secret to Safe Home bottled goods?



LIVE WELL UTAH

Be aware that a simple Internet or pinterest search for a canning recipe is ***NOT*** the safest way to find a recipe to

preserve your food. Be sure to only use recipes and procedures that are scientifically studied and USDA approved.

Canning is not cooking—it is a scientific process that must be followed accurately to ensure safety.

Look for canning information at the resources listed.

- The USDA Complete Guide to Home Canning – This is a great place to look first. Print it or download it for free.

- The National Center for Home Food Preservation – Includes a FAQ database and much more.

- Utah State University Extension

- Check other Cooperative Extension sites near you

- The University of Georgia: Book: So Easy to Preserve, Canning fact sheets, and other publications

- The Ball Canning Company: Blue Book of Preserving and the Home Canner's Help Line: 1-800-240-3340

Remember to read canning recipes with caution. Look for a scientific source. If you have questions or concerns, contact your local Extension office.



Melanie Jewkes works part time in Salt Lake County and has worked for USU for 6 years. The best part of her job is learning and relearning some of the things that matter most—loving and caring for marriage and family, living within your means, and growing, cooking and eating delicious, nutritious food. She is married with two adorable children and lives in Taylorsville.

Be more fuel efficient this Summer!

Save on Fuel this Summer



Fuel-efficient driving is a challenge during the summer months when both fuel prices and temperatures are high. The best way to reduce fuel consumption is to drive fewer miles, but that

is not always an option. Drivers who commute to work, transport family members to summer activities and complete numerous errands should combine trips, plan stops for efficient travel and, where possible, carpool.

Smart summer driving strategies include planning routes that avoid traffic congestion, leaving early when temperatures are cool and staying off the road during the hottest part of the day. When combined with the following suggestions, these strategies can reduce fuel costs.

- Avoid “jackrabbit” starts and hard braking. These can increase fuel use by up to 40 percent and significantly increase wear on the car’s engine and brakes. Gradual accelerating and stopping are easy ways to save money in fuel costs when driving in town.
- Reduce the amount of time the car is stationary and the engine is idle when driving in town. Getting stuck in traffic, waiting in line at the drive-through or running the engine to power the air conditioner are examples of fuel use that can be reduced and/or eliminated.
- For efficient highway and distance driving, stay at or below the speed limit, utilize the cruise control and minimize quick accelerations when passing other vehicles. Aggressive driving that includes frequent accelerations, lane changing and braking decreases fuel efficiency.
- Reduce unnecessary weight in the vehicle and remove exterior racks used to transport bicycles and other gear. Each additional 100 pounds of weight in a medium-sized vehicle can reduce fuel efficiency by 2 percent. Exterior racks alter the aerodynamics of a vehicle and when not in use, should be removed.
- Inflate tires to the appropriate pressure. Under-inflated tires increase the rolling resistance of a vehicle. Radial tires that are operated with low pressure can reduce fuel efficiency by 5 percent or

more.

- Reduce power accessories in vans and other multipurpose vehicles. Reducing the use of such electrical equipment, specifically the air conditioner, will contribute significantly to improved fuel efficiency.
- Regularly maintain your vehicle. Regular maintenance is a worthwhile investment. Engines that are not serviced properly can use 50 percent more fuel than those that are properly maintained. Clean air filters and properly adjusted fuel injectors/carburetors are essential requirements for efficient fuel consumption.
- Eliminate one or more longer trips common to summer travel. The weekly out-of-town shopping trip, the vacation that requires long distance driving or the repeated daily trips to town are examples of fuel use that can be reduced or eliminated. The one sure way to reduce fuel costs is to drive fewer miles.

You can find more tips and even join in a challenge with the Clear the Air Campaign



Richard Beard is an Extension agricultural engineer and pesticide safety specialist. He is also a Certified Energy Auditor with the Association of Energy Engineers and has worked with agricultural safety and energy conservation and efficiency for the past 37 years.

Pruning Fruit Trees – Quick

Tips and Tricks



Pruning can be an unexpected way to get some physical and

functional fitness as Suzanne Prevedal shared just a few days ago. Sometimes it is difficult to know where to begin when pruning fruit trees. Some cuts are more important to make than others. Here are quick tips for pruning fruit trees!

Pruning steps by order of priority are:

- (1) remove problems,
- (2) establish and maintain tree shape,
- (3) space wood to allow for adequate light penetration.

Problems to address include removing diseased, broken or damaged branches, branches that are crossing or rubbing, or that form a narrow angle from the main scaffold. Old branches with long complex spurs should also be removed to make room for younger, more productive branches.

Tree shape should be maintained through selective thinning cuts. Pay attention to branch orientation, remembering the “45-degree rule.” Branches that are too upright will remain vegetative, while pendant branches (below horizontal) are typically shaded and too weak to be very productive.

Branch density is the final objective. Frequently evaluate branch density during pruning. Periodically take a step or two back to see what the tree shape looks like. Are dense masses of limbs present? Can light penetrate into the tree interior? Could you conceivably throw a baseball cap through the tree without it hitting a branch? You should be able to see through the tree when leaves are not present. Don’t just look through the tree from side to side. Also, look upward through the canopy. You should be able to see through the canopy this way as well.

What sort of Fruit Trees do you have in your yard?

Looking for more about pruning? The USU Extension site is full of information for you!

Baby Animal Days – this weekend!



This weekend! Now is the time to hop over to Kaysville and get in on this wonderful family event – Baby animal days!

A weekend full of animals and activities. Don't miss it! Get all the details, hours, prices, activities, and more.





We will see you there!