



## Have You Heard?

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FOOD SAFETY  
STARTS AT HOME

KITCHEN CLEAN-UP — Don't forget that kitchen surfaces that

# Barbara Grumbine

(Continued from Page B2)

got competitiveness from their father and love and encouragement from their mother to work hard."

Although Barbara did not grow up on a farm, she said, "I had no trouble adjusting to farm life because I was not a stranger to hard work. We had eight children in our family so I knew how to raise a big garden."

Barbara helped with the daily aspect of livestock care until the boys were old enough. She continues to take livestock to the auction, help with the field work, especially hay raking, and is in charge of the bookkeeping.

During lambing season, the Grumbines usually stay up until 1 a.m., then set the alarm and get up at 3 a.m. to check on the sheep.

The sheep are pastured until November 1, then kept in barns until the middle of May. Rams and ewes that are used for showing are kept on grain. Although the feed for the pure-bred hogs (Yorkshires, Hampshires, and Berkshires) are fed with feed made on the farm, sheep feed is purchased except for creep feed.

The Dorsets lamb twice a year. At this point only 25 percent of the flock lamb in the fall. The Grum-

bines would like to see that percentage jump to 50 percent since there are not as many problems caused by flies and hot weather in fall. The drawback about fall lambing is that usually there are not as many multiple births.

The Grumbines' oldest son Daryl is 19 and a sophomore at Kutztown State University. Darilyn, 16, is a junior at Eastern Lebanon County High School.

Daryl does all the shearing on the Grumbine flock in addition to custom shearing.

Although Barbara will have little day-to-day work on the farm, she said, "I'm supporting the farm with working in Washington."

Her apartment will be within walking distance to her job, about 10 blocks.

She intends to focus on doing the best job possible for agriculture. Her family has a big influence in this desire because she hopes her sons will continue farming. She said, "I want to do whatever I can to assure that they can farm by promoting good policies for ag."

As far as long term goals, Barbara said, "I keep my options open. You never know what will come your way."

have touched raw meat or poultry may be contaminated with bacteria which may cause food poisoning. Most food safety experts recommend using two separate cutting boards — one for meat and one for produce. That way you won't be able to cross contaminate foods as you prepare them. If you take meat or poultry from your kitchen to your grill, remember that you either need to wash and rinse the plate you carried them on or use a clean one to take them to the table. This holds true for any cooking forks or spatulas you used during the cooking process.

Take stock of your kitchen and toss any wooden items such as cutting boards, spoons and meat mallets. It is not possible, even with automatic dishwashing, to thoroughly clean and sanitize wooden utensils. Substitute hard plastic or metal accessories and acrylic cutting boards. These latter items can be sanitized, after washing and rinsing, with a solution of two to three teaspoons of household chlorine bleach in one quart of water, followed by a cold water rinse.

To store perishable food safely you need a thermometer to test the effectiveness of your refrigerator and freezer. Keep your refrigerator between 34 and 40 degrees F. The freezer should always be below 0

degrees F. You may need to adjust the temperature control setting if you have an unusually large amount of food stored. The temperature danger zone is between 40 degrees F. and 140 degrees F., when bacteria multiply at an alarming rate. Keep hot foods hot and cold foods cold to avoid this zone. Foods stored in a freezer above 0 degrees F. will not spoil, but their quality will deteriorate rapidly.

Canned foods should be kept in a cool, dry place and used within 12 to 18 months. Never store canned goods in places with extreme temperatures, such as over the stove, under the sink, in your garage, or in a damp basement. Canned goods with dents or bulges can make you sick, so avoid them. Cans that stick to the bottom of cupboard shelves may have slow leaks and should be thrown away. A good rule of thumb is "when in doubt — throw it out."

**HINTS FOR BETTER HYGIENE** — The three most important rules for food handling hygiene are wash your hands, wash your hands, and wash your hands! Wash your hands in warm soapy water before and after every step in the food preparation process. Kitchen hand towels should be used for drying clean hands only — never to remove food from

your hands. Don't forget to clean under your fingernails. Germs love to hide there. Keep a small nail brush at the kitchen sink to help remind you to scrub your nails. Large or ornate jewelry may also trap dirt and food particles and carry them to food and equipment, so remove this kind of jewelry before you start to work with food.

Can openers regularly spread the food and bacteria tucked away in those tiny crevices, so wash them often. Keep appliances clean by wiping up spills right away. All kitchen equipment should be kept clean and in good repair so that germs will not gather in broken or chipped places and multiply.

Use a clean spoon whenever you want to taste or sample food. And of course, wash any flatware or other utensils that fall on the floor. Also, always wash any flatware that has been on your table even if it has not been used.

Remember to follow these food safety tips I have shared with you in this column as well as in last week's column and you should avoid food-borne illness. If, despite your best efforts, food poisoning occurs, mild symptoms can be treated with plenty of fluids and rest.

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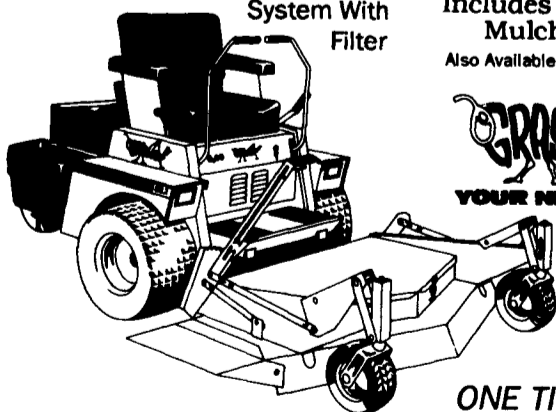
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