

Consuming Thoughts

by
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With the stores already filled with holiday items many of us are forced to think about the holidays. We also want to get the house ready for the friends and family members who will be visiting.

One area of concern to the cook will be the kitchen. Will it pass your mother-in-law's white glove inspection? More importantly, could it pass a food safety inspection? If not, these guidelines will help get your kitchen in tip-top shape for the holidays.

Start with the freezer. Is it frozen-over or jam-packed with food? If so, it will not hold frozen meat and poultry at safe freeze temperatures 0 degrees F or below. When you defrost the freezer, examine frozen items carefully and discard foods that have changed in appearance or texture. When returning food to the freezer, check package dates and sort items so that you can use them within recommended storage times.

Next, check your refrigerator. If you have leftover meat and poultry dishes, use them as soon as possible. These foods can be stored in the refrigerator from three to four days. Fresh meat and poultry should be used within one to three days. Also check the "sell-by" or "use-by" date on mayonnaise, salad dressing and other foods which need refrigeration. Throw away outdated, moldy and obviously spoiled foods.

To get rid of the odor that may linger from spoiled food, wash the refrigerator with baking soda and water and put a box of baking soda in it to absorb odors.

To store food safely in the

freshly cleaned refrigerator be sure that the temperature is set at 40 degrees F or below to prevent most bacterial growth. Tightly cover all foods and use them within the recommended storage times. Don't overload the refrigerator. Cold air must be able to circulate to keep foods at optimal temperatures.

Countertops, sinks and utensils also may need extra care. To keep bacteria from spreading from raw to cooked foods, wash the countertop, sink and utensils after they have been used to prepare raw meat and poultry. Carefully scrub and clean wooden cutting boards since bacteria can harbor in the grooves left by knives. A hard, non-porous cutting board is better for preventing the spread of bacteria. Also, wash kitchen linen often and throw away old sponges.

Kitchen appliances should work properly. Use the oven thermometer to check the temperature in your conventional oven. Use a meat thermometer to cook meat and poultry to the proper internal temperatures. Poultry is thoroughly cooked at 180 degrees F to 185 degrees F; beef and other meat should reach 160 degrees F.

Check the microwave oven too. Stale food particles left in the microwave can interfere with cooking time. To clean the microwave oven, place a mixture of lemon juice and water inside the oven and turn it on until mixture simmers. The steam will condense on the oven surface and make food much easier to remove. The lemon juice will absorb odors.

If you have meat and poultry questions call the USDA Meat and Poultry Hotline: 1-800-535-4555

4-H'ers Honored As York County Posts Achievement Night Results

YORK (York Co.) — The following members were honored for their outstanding achievements at the recent York County 4-H Achievement Night.

Outstanding 4-H project awards:

Juniors: ceramics, Joshua Spahr, Lewisberry; child development, Kelly Jo Bankert, Red Lion; clothing, Kim Pomraning, Delta; foods and nutrition, Molly Crawford, Hanover, health, Beth Bear, Glenville; horse, Chandrelle Asper, New Oxford; kids and kash, Sarah B. Myers, Spring Grove; leisure education, Jeffrey Devilbiss, Glenville; natural resources, Ben Unkle, Stewartstown; pet care, Andrew Wilt; poultry, Lydia Eddinger, New Freedom; rabbit, Louis Loucks, Hellam; rocketry, Lee Bosley, Glenville; sheep, Brandy Bankert, Red Lion; and wood science, Jarrah Spahr.

Seniors: clothing, Kristina Gable, York; horse, Amanda Arnold, Dillsburg; horticulture, Rijelle Kraft, Manchester; leadership, Lucas Kraft, Manchester; leisure education, Jessica Pomraning, Delta; poultry, Heather Bankert, Red Lion; public speaking, Sabrina Asper, New Oxford; rabbit, Lillian Eddinger, New Freedom; rocketry, Philip Baer, Glenville; shooting sports, Dillsburg; and Michael Burrell, Dover.

National 4-H Congress Delegates for 1997: Sabrina Asper, New Oxford and Tanya Thoman, Dallastown.

York Fair 4-H Special Award: Michael Burrell, Dover.

Recognized for 10 years of volunteer leader service: Nona Brown, Loganville; Ralph Dixon, East Berlin; and Helen Horn, Dover.

The following teens were recognized for volunteering a total of 2,640 hours to the 4-H program this year. This averaged out to 91 hours per teen of volunteer time: Beth Baer, Glenville; Alisha Eberly, Dallastown; Jenn Flinchbaugh, York; Abby Frey, Wellsville; Kristina Fritz, New Freedom; Lane Innerst, Red Lion; Heather Jasienski, Felton; Louis Loucks, Hellam; Susan Richardson, Fawn Grove; Tanya Thoman, Dallastown; Amy Trowbridge, Spring Grove; Karen Wray, Thomasville; Amanda Arnold, Dillsburg; Kelly Jo Bankert, Red Lion; Mandy Brown, Loganville; Paul Kitzmiller, Wellsville; Sonni Mayberry, Airville; Mark Parrish, York; Sabrina Asper, New Oxford; Emily Bankert, Red Lion; Andrea Craun, Dallastown; Kim Druck, Jacobus; Tabitha Eimerbrink, Lewisberry; Heather Bankert, Red Lion; Lucas Kraft, Manchester; Rijelle Kraft, Manchester; Rachael Price, Dover; Jay Rishel, Seven Valleys; and Tammy Wirt, Dillsburg.

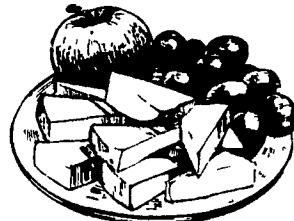
The following members were honored as the 1998 Outstanding York County 4-H Members: Outstanding 4-H Secretary: Kristina Gable, York; Outstanding Girl Rookie: Molly Crawford, Hanover; Outstanding Boy Rookie: Ben Unkle, Stewartstown; Outstanding Junior Girl: Kelly Jo Bankert, Red Lion; Outstanding Junior

Boy: Louis Loucks, Hellam; Outstanding Senior Girl: Sabrina Asper, New Oxford; and Outstanding Senior Boy: Lucas Kraft, Manchester.

Outstanding 4-H Club: York County 4-H Rabbit And Small Animal Club.

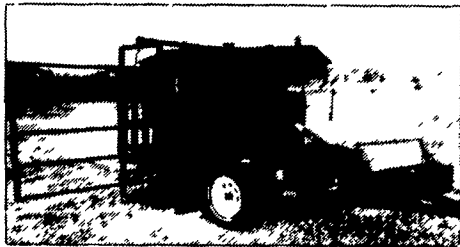
As Outstanding Senior Girl in York County 4-H, Sabrina Asper was honored for her many years she has devoted to 4-H. She is a member of Wellsville Boots and Saddle Horse Club; the 4-H Senior Exchange Club, and the York County 4-H Council. Sabrina was awarded the outstanding senior member in public speaking. She also won awards in teen leadership, as a teen counselor, for many accomplishments outside of 4-H, and as a delegate to National 4-H Congress to be held in Memphis, Tenn. in November. Sabrina is a freshman at Shippensburg State University.

As Outstanding Senior Boy in York County 4-H, Lucas Kraft was honored for his many years of leadership in the 4-H program. Lucas is president of the York County 4-H Council and the 4-H Poultry Clubs, treasurer of the 4-H Rabbit Club, and a member of the 4-H swine, shooting sports, and dance clubs. He received the Outstanding Senior Leadership Award and was recognized for his many hours of service volunteered to the 4-H program. Lucas is a junior at York Catholic High School and plans to attend Penn State University to study agricultural science.



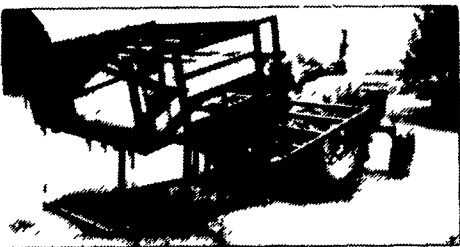
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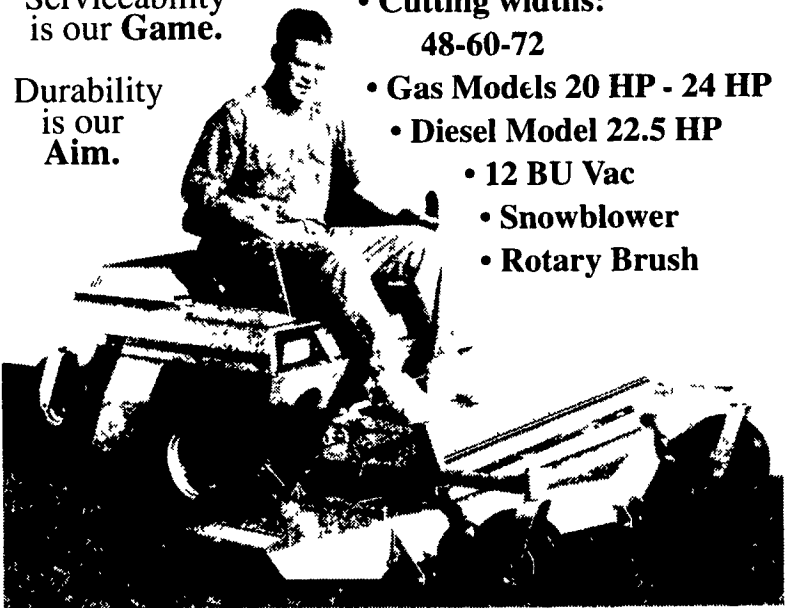
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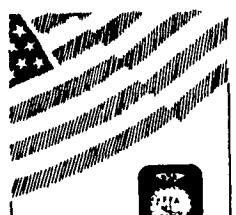
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