

Quay County Extension Home Economics ... Programs Serving Families



New Mexico State University Cooperative Extension Service
P.O. Drawer B, Tucumcari, NM 88401

brbishop@nmsu.edu

<http://quayextension.nmsu.edu>



September 2017

Important Dates Community Events

Sept 4 – Office Closed

Sept 6 – Food Handler Training
5:30 to 8:30 pm – Office

Sept 7 – County Council
11:00 – Extension Office

Sept 12 – Baby Connections
5:30 – Center Street Methodist Church

Sept 21 – The Sunshine Vitamin
1:30 – Extension Office

Sept 28 – Retirement Party for Bev
4:00 to 6:00 - Office

Sept 30 - Fired Up – Tucumcari
Rail Road Depot

Oct 7 – Fun Run Walk

**Club Education Program:
The Sunshine Vitamin**



Extension Association News

Thank-you to everyone who helped with the County Fair, we could not have a fair without you.

Congratulations to everyone who entered.

Special thank you to our 3 new members who put together the Extension Council booth. They also purchased an electric pressure cooker to give away as a raffle fundraiser for the scholarship fund.

**Don't Forget the Council Meeting at 11 on
September 7, 2017 at the Extension Office.**

New Community Service Project



School Supplies for Middle School Students. At the Council meeting we decided to add a community service project. As you find good sales, you might want to pick up some items. Items needed: notebook paper, 2" binders, spirals, dividers, pencil pouches, pens, red pens, pencils, colored pencils, erasers and sheet protectors.

We will assemble the bags at the September Council meeting and then deliver them to the Middle School.

This Newsletter is brought to you by the Quay County Extension Service. To be added or removed from the mailing list, please call 461-0562.

Brenda Bishop

Brenda Bishop
Extension Family Consumer Science Agent



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Make Plans Now to Attend
The State Meeting in Las Cruces
At the NM Farm and Ranch Heritage Museum
Followed by the

EdUcate NM Conference
November 8 – 11, 2017



Bev Lake who has been our secretary for the past 6 years has decided to join her husband in retirement. Her last day will be September 29th. As you drop in the office during the month, be sure to offer her your congratulations.

We will be having a good-bye party for Bev at the Extension Office from 4 to 6 on September 28, 2017. You are all invited to attend. Our staff, volunteers and clientele will miss Bev and her compassion as well as her outstanding customer service.

UPCOMING EXTENSION FCS PROGRAMS

Baby Connections New Parent Party - New Location!



Special guest speaker for September is Dr. Hailey Wallace. She will be sharing tips for successful breastfeeding. We have fun shower games and activities. During these monthly parties, we will be sharing local resources that will help you care for your baby. There will be food, prizes and child care for your older children. Bring your spouse too. The parties are free. The party will be September 12 from 5:30 to 7:00 pm at Center Street United Methodist Church, 406 E Center Street in Tucumcari. New parents and soon-to-be parents are encouraged to attend.

New Strong Seniors Stay Young Class started August 31th. Stop by the office and get an enrollment packet. Class fills up, so don't delay.

Food Handler Certification Training



If you are volunteering where food is being served to the public, whether paid for or not, it makes sense that those preparing the food have some food safety training. After all, a case of food borne illness would not be good for your organization and having trained people may reduce your liability.

Classes will be held:

September 6 at 5:30 pm – Quay County Extension Service 216 E Center Street

Cost of the class is \$17.00 with a book or \$12.00 without a book. (There will be a \$2.00 discount for members of the Extension Association.) There will be a paper exam during the training that you must pass to get your handlers card. These classes will be taught by Brenda. Please RSVP by calling 461-0562 so there will be enough materials for you.

The Sunshine Vitamin

Vitamin D is a Hot nutrient lately as scientists are learning about additional roles vitamin D plays in our health. During this workshop you will learn about the need for Vitamin D and sources other than the sun. Getting enough vitamin D will help you feel better and have more energy, along with keeping your bones strong. The workshop will even have a snack included. Learn about Vitamin D on September 21 at 1:30 pm in the Extension Office. Please call and reserve your spot so we will have supplies for you.



September is National Food Safety Education Month

While teaching the ServSafe classes, I have become even more aware of how we take safe food for granted and are not training our younger generations to handle food safely. Many of us think we remember Grandma doing it differently and she never got sick, so why should we care. Or we ourselves have not recognized that what we thought was the flu might have been a form of food poisoning. As consumers we have a responsibility in handling the food we purchase safely. That starts with knowing how food becomes unsafe. The CDC provided this information on the many opportunities for food to become contaminated as it is produced and prepared:

Before food is processed:

- Many foodborne microbes are present in healthy animals (usually in their intestines) that are raised for food. Meat and poultry carcasses can become contaminated during slaughter by contact with small amounts of intestinal contents.
- Similarly, fresh fruits and vegetables can be contaminated if they are washed or irrigated with water that is contaminated with animal manure or human sewage.
- Some types of Salmonella can infect a hen's ovary so that the internal contents of a normal looking egg can be contaminated with Salmonella even before the shell is formed.
- Oysters and other filter feeding shellfish can concentrate Vibrio bacteria that are naturally present in sea water, or other microbes such as norovirus that are present in human sewage dumped into the sea.

Later in food processing, other foodborne microbes can be introduced from infected humans who handle the food, or by cross contamination from some other raw agricultural product:

- For example, Shigella bacteria, hepatitis A virus and norovirus can be introduced by the unwashed hands of food handlers who are themselves infected.
- In the kitchen, microbes can be transferred from one food to another food by using the same knife, cutting board, or other utensil to prepare both, without washing the surface or utensil in between.
- A food that is fully cooked can become recontaminated if it touches other raw foods or drippings from raw foods that contain pathogens.

The way that food is handled after it is contaminated can also make a difference:

- Many bacterial microbes need to multiply to a larger number before enough are present in food to cause disease. Given warm moist conditions and an ample supply of nutrients, one bacterium that reproduces by dividing itself every half hour can produce 17 million progeny in 12 hours. As a result, lightly contaminated food left out overnight can be highly infectious by the next day.
- If the food were refrigerated promptly, the bacteria would not multiply at all. In general, refrigeration or freezing prevents virtually all bacteria from growing but generally preserves them in a state of suspended animation. This general rule has a few surprising exceptions:
- Two foodborne bacteria, *Listeria monocytogenes* and *Yersinia enterocolitica* can actually grow at refrigerator temperatures.
- High salt, high sugar or high acid levels keep bacteria from growing, which is why salted meats, jam, and pickled vegetables are traditional preserved foods.



Microbes are killed by heat.

- If food is heated to an internal temperature above 160°F, or 78°C, for even a few seconds this is sufficient to kill parasites, viruses or bacteria, except for the Clostridium bacteria, which produce a heat-resistant form called a spore.
- Clostridium spores are killed only at temperatures above boiling. This is why canned foods must be cooked to a high temperature under pressure as part of the canning process.
- The toxins produced by bacteria vary in their sensitivity to heat.
- The staphylococcal toxin which causes vomiting is not inactivated even if it is boiled. Fortunately, the potent toxin that causes botulism is completely inactivated by boiling.

Lemon Salmon Burgers

1 (16 ounce) can salmon, drained and flaked	2 tablespoons lemon juice
2 eggs	1/2 teaspoon dried basil
1/4 cup chopped fresh parsley	1 pinch red pepper flakes
2 tablespoons finely chopped onion	1 tablespoon vegetable oil
1/4 cup Italian seasoned dry bread crumbs	

For Dressing:

2 tablespoons light mayonnaise	1 pinch dried basil
1 tablespoon lemon juice	

In a medium bowl, mix together the salmon, eggs, parsley, onion, breadcrumbs, 2 tablespoons of lemon juice, 1/2 teaspoon of basil, and red pepper flakes. Form into 6 firmly packed patties, about 1/2 inch thick. Heat the oil in a large skillet over medium heat. When the oil is hot, add the patties, and cook for 4 minutes per side, or until nicely browned. In a small bowl, mix together the mayonnaise, 1 tablespoon of lemon juice and a pinch of basil. Use as a sauce for your patties.

Sunshine Shake

1/2 cup milk	1/4 cup sugar
1/2 cup vanilla yogurt	1 1/2 cups ice
1 tsp vanilla extract	Nutmeg
1 1/2 cup orange juice	

Pour the milk, yogurt, vanilla, orange juice, and sugar in a blender. Blend until fully combined with the milk. Add the ice cubes. Blend until cubes are crushed and mixture has thickened. If things end up a little thick, just add a tablespoon of water and mix once again. If too thin add some ice. Pour into two glasses and top with a sprinkle of nutmeg.

Quay County Extension Office
P.O. Drawer B
Tucumcari, NM 88401

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