

Shawano County UW-Extension
Courthouse, Room 101
311 North Main Street
Shawano, WI 54166

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FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
Shawano County UW-Extension

July/August 2014

Grill It Safely

Summertime is here, which means warm weather and cookouts! Keep your grilled food safe by following these grilling tips:

Shopping tips:

1. **Purchase ground meat or poultry no more than a day or two before you plan to grill it.** Cook larger cuts of meat such as steak within 4 days of purchase. If you know you won't be cooking your meat soon, freeze it. **Refrigerate or freeze meat and poultry immediately when you get home.** Meat and poultry should not be out of refrigeration for more than 2 hours (or 1 hour in the hot sun). If meat and poultry stay out too long, bacteria can produce toxins that stay active even after the meat is cooked— these toxins can cause illness.

Preparation tips:

1. **Completely thaw meat and poultry in the refrigerator OR in the microwave just prior to grilling.** Never thaw meat on the counter; bacteria will begin to grow as the meat reaches room temperature. It takes about 24 hours to thaw 5 pounds of meat in the refrigerator.
2. **Clean up juice spills immediately so raw meat juice does not come into contact with cooked meat or uncooked foods such as vegetables.** Do not reuse a paper towel or dishcloth that has been used to clean up meat juice spills. Throw away the paper towel or launder the dishcloth with hot, soapy water before using it again.
3. **Marinate meat or poultry in the refrigerator.** Do not brush cooked meat with marinade that touched raw meat. **Wash your hands with soap and warm water for 20 seconds before cooking and after touching raw meat.** Unwashed hands are the #1 cause of foodborne illness.



Transportation tips:

1. **Transport meat and poultry to a picnic site in a cooler kept cold with ice or frozen gel packs.** Avoid frequently opening the cooler. Pack beverages in one cooler and perishable foods in another. **Keep cooler in the shade or shelter at the picnic site.** Remove only the amount of food that will fit on the grill at one time.

Grilling tips:

1. **Since grilled meat browns quickly on the outside, use a meat thermometer to make sure food has reached a safe internal temperature. Color alone is not an accurate measure of doneness.** Put the thermometer in the thickest part of the food away from the bone to get an accurate temperature. (See chart below for safe cooking temperatures) Clean the thermometer probe with hot soapy water between uses.
2. **Use separate, clean tongs for removing cooked meat and poultry from the grill and place on a clean plate to avoid cross-contamination.**

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COOPERATIVE EXTENSION SERVICE - UNIVERSITY OF WISCONSIN-EXTENSION
Courthouse-Room 101, 311 N. Main St., Shawano, WI 54166 (715) 526-6136

Working for Wisconsin Families

Shawano County Strong Bones Program

Strong Bones is an evidence-based training program developed by the Hancock Center at the Friedman School of Nutrition Science and Policy at Tufts University.

The Strong Bones Program includes progressive weight training, flexibility and balance activities. These exercises are safe and effective for women and men of all ages, including those who are not in perfect health.

People with health concerns such as arthritis, heart disease, osteoporosis, diabetes, obesity and back pain often benefit the most from an exercise program that includes lifting weights a few times each week.

Currently our classes are full. But we plan on adding classes as needed during the summer months if the demand is there. If you are interested please call the UWEX office to let us know that you would be interested in participating in a strength training program. If we have enough interest in a certain area we can look at having a class in your area. In the fall we will have multiple 11-12 week sessions starting and hope to expand to the Gresham and Bonduel areas. We will also be offering an Advanced Strong Bones sessions. **Sign up now for the Fall Sessions!!!! Space is limited.**

Fall Sessions:

Mon/Wed—8:30 to 9:30 am
Sept. 8th to Nov. 19th
Tue/Thur—7:30 to 8:30 am
Sept. 9th to Nov. 20th.



Fall Advanced Session:

Mon/Wed—8:30 to 9:30 am
Sept. 8th to Nov. 19th
For the advanced class you will need to be able to use 6 lb. weights.

Sincerely,

Nancy Schultz

Nancy Schultz, MS, CD — Family Living Educator — Nancy.Schultz@ces.uwex.edu

For more information on the WWF: Contact the Shawano County UW-Extension Office, 311 North Main Street, Shawano

• 715-526-6136 • <http://shawano.uwex.edu/> •



EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

3. Discard any food left out for more than 2 hours, or 1 hour if above 90 degrees. When in doubt, throw it out!

Safe Internal Temperatures	
Ground beef, pork, veal, or lamb including burgers, sausages	160 degrees F
Poultry	165 degrees F
Whole cuts of beef, pork, veal, or lamb including steak*	145 degrees F; medium rare 160 degrees F; medium 170 degrees F; well done
Fish and seafood	145 degrees F



*Whole cuts of meat may be safely cooked at a lower internal temperature than ground meat; ground meat should be cooked to 160 degrees. This is because when meat is ground, bacteria from the outside of the meat may be spread throughout. Source: Adapted from Grill It Safely! University of Nebraska Extension. For more information on food safety, visit www.foodsafety.gov. Or contact the Shawano County UW-Extension office at 715-526-6136

Lunch and Learn at the UW Extension Office

- June 30th**— Drying Fruits and Vegetables at Home
- July 7th**—Judging Home Preserved and Prepared Foods
- July 14th**—Canning Vegetables Safely
- July 21st**— Canning Tomatoes and Tomatoes Products
- August 11th**—Canning Fruits Safely
- August 18th**—Time to Make Pickles
- August 25th**—Fermenting Foods at Home
- September 8th**—Storing Fruits and Vegetables

Programs will be archived at: www.foodsafety.wisc.edu

UWEX Master Gardeners Garden Line

Do you have a pesky pest you can't seem to get off that tomatoes plant? Do you have something killing your flowers? Are your shrubs turning brown for no reason? The Wolf River Master Gardeners has a call-in garden line to get your questions answered. Or if you want to bring in a sample to the UWEX office you can do that to. We will then contact a Master Gardener to help you solve your problem! Call us at 715-526-6136

Bike The Barn Quilts

Bike Shawano County— Wisconsin's Barn Quilt Capital!

Mark your calendar for September 27th, 2014. Shawano Pathways will be hosting the 2nd Annual Bike The Barn Quilts bike ride. You can view the 8' x 8' quilt squares on rides from 5-70 miles. Start time is 9 am at Memorial Park (corner of Main & Leig St. by the tank) in Shawano. The ride is for all ages with a 7-8 mile Family Fun ride, 16 mile guided tour ride, 16-22-38 mile routes and the NEW 70 mile Shawano Lake Route! Ride includes maps, food, sag wagon, and incentives and is open to all ages and skill levels. Cost is \$25 single/\$50 family (prior to 9/20/14).

Questions?

www.shawanopathways.org
info@shawanopathways.org
1-800-235-3127



Garden Seminars at the Dreams of Green

Shawano County UW-Extension &
Wolf River Master Gardeners

2014 Summer Garden Series

The inaugural 2014 Summer Garden Series will take participants through all steps of the gardening process – from preparing the soil, to planting and maintenance, and produce harvest and storage.

Hands-on programs will engage all ages of gardeners, from the young to the young at heart, in fun and educational experiences covering soils, nutrients, composting, plants, watering, plant diseases, insects, and more!

The series will meet six times throughout the summer from 6 pm to 7 pm at the **Dreams of Green Community Garden** (corner of Lincoln Street and Zingler next to Zion Lutheran Church).

July 16th – *What's Eating Your Garden: If Not You Then Who? Pest ID and control*

August 6th – Giving your Garden a Second Wind: Replanting for fall harvest

August 20th – From Plot to Plate: Harvest, storage and preparation techniques

Farm Technology Days

August 12 to the 14th, 2014

Blue Top Farms and Feltz Family Farms in Plover will be the host farm this year. Wisconsin Farm Technology Days is the largest agricultural show in Wisconsin and one of the largest in the nation. The three-day outdoor event showcases the latest improvements in production agriculture, including many practical applications of recent research findings and technological developments. Each year, it is held in a different Wisconsin county - on a different host family farm. For more information check out their web site:

<http://portagecountyfarmtech.com/index.php>

University of Wisconsin-Extension, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. To ensure equal access, please make requests for reasonable accommodations as soon as possible prior to the scheduled program, service or activity. No Wisconsin tax dollars were used in the printing of this publication.

Shawano Farmers Market And

Mountain Bay Mid-Week Market Place

The Shawano Farmers Market will be held on Saturdays from 8am to Noon. June 21st through October 11th, 2014. The market has moved to Franklin Park at 201 S Washington Street. They will have Fresh, local food! Live Music! Friends and Fun! THE place to be Saturday morning in Shawano! You can check out the Farmers Market on Facebook at Shawano Farmers Market.

Mountain Bay MARKET PLACE
WEDNESDAYS
4:00 pm - 7:00 pm
Starting
June 11, 2014

Mid-Week Market Place
Located on the Mountain Bay Trail off South Main Street in Shawano
Vendors include Farmers, Crafters, and Local Businesses.

mountainbayoutfitters@gmail.com
www.mountainbayoutfitters.com

For Vendor Information please email or call 715-526-8823

Live Music on the Platform

Like Us On Facebook

Share The Bounty

Share the Bounty will soon be starting up again hopefully with abundant produce!! The drop off and pick up sites this year will be:

- SAFFARC**— 218 E Richmond St. from 9 to 11:30 am, M/F
- Goodwill**—300 Lakeland Rd. from 9 to 9 pm, M/Sat.
- St. Martins Church**—407 S Warrington, CECIL
Drop off, 4th Tuesday, 9 to 1 pm
Pickup, 4th Tuesday, 1 to 4 pm
- Wittenberg Community Center**—208 W Vinal Street
Drop off and Pickup, M/Th, 8 to 5 pm (when open)

