Aug 24, 2010
IN THIS EDITION

News Releases specific to NE Iowa:
- Egg Recall: What Should You Do?
- Attend Weekend Quilting Retreat at Borlaug Learning Center
- Sheep Production Featured on Pasture Walk (Decorah)

Link to Past Region 4 News

News Release

Contact: Cindy Baumgartner, ISU Extension Nutrition & Health Specialist, 563-927-4201, cbaum@iastate.edu

Egg Recall: What Should You Do?

The recent news stories about concerns with potential Salmonella contamination of fresh shell eggs produced in Iowa has resulted in recalls affecting multiple states.

Cindy Baumgartner, ISU Extension Nutrition and Health Specialist and a registered food safety instructor reminds us, “Only fresh shell eggs that met identified criteria of the plant number and Julian date have been recalled. Pasteurized processed eggs—used by retail outlets for most menu items—are not affected. Pasteurization exposes eggs to high temperatures for a short period of time; thus serves as a 'kill step' for bacteria.”

Salmonella bacteria are found widely in nature in the intestinal tracts of animals, birds, reptiles, insects and humans. Even though eggs are washed and sanitized before packing, they can become contaminated at many points from farm to home. The risk is relatively low as it is estimated 1 egg in every 20,000 may contain Salmonella bacteria. Proper selection, storage, handling, and cooking of eggs is needed. Baumgartner shares these recommendations.

Do not eat eggs from the affected cartons—either discard or take the unused portion back to the retailer for a full refund. It is not worth the risk, particularly if someone’s immune system is compromised.

Individuals who are considered “at risk” represent about 20-25% of the US population—children under the age of 9, those over the age of 60, pregnant women, those on certain medications, or those suffering from a chronic disease. These immune systems can't fight off bacterial infections as easily.

Symptoms of Salmonella enteriditis (SE) include fever, diarrhea, nausea, vomiting and/or abdominal pain. Those in "at risk" groups will experience more severe symptoms and infection could lead to death. Symptoms will appear between 6 -72 hours after consumption. If someone consumed one of the
identified eggs and have not experienced any symptoms, then it is likely they followed the proper steps for cooking and handling. If they do experience any of symptoms identified above, then contact the local health department and seek medical treatment.

Baumgartner encourages people not to panic. “Eggs can still be part of a healthy diet as long as you know how to handle and prepare eggs.”

Choose wisely. Check the date on the carton at the store; don’t buy past the “Sell By” date. Check that eggs are in refrigeration and take a quick peek to ensure none of shells are cracked. If cartons are dirty, don’t purchase. The hard shell and interior lining protect the egg from contamination, but the porous shell is not a foolproof bacterial barrier. If there is a crack in the shell, an entry for bacteria is provided.

Store properly. Keep the product refrigerated and keep it in the carton. Do not store eggs in the door or in the special egg holders in some refrigerator models. Don’t let fresh eggs sit at room temperature for more than 2 hours. Room temperature allows for rapid bacterial growth. Uncooked eggs kept refrigerated are safe to use for 4 weeks after purchase. Fully cooked eggs can be safely refrigerated for up to one week.

Handle with care. Keep hands and food preparation tools clean. Cross contamination easily occurs from dish cloths, unclean counter tops, utensils, and hands. Always wash hands with soap and water before preparing food, between handling raw and cooked or ready to eat foods, and before eating. Separate raw from cooked and clean surfaces from soiled. Don’t use cracked eggs.

Cook thoroughly. An egg is fully cooked if both the white and yolk are opaque and firm. Eggs cooked “over-easy” or with runny yolks are not fully cooked. It is best to use a thermometer to check the internal temperature reaches a minimum of 145° F (but be sure the thermometer is accurate or calibrated). If you wish to consume undercooked eggs, pasteurized fresh shell eggs can be purchased at many grocery stores. Refrigerate any cooked eggs promptly.

For further information about eggs or other food safety-related questions, contact your county ISU Extension Office or visit www.extension.iastate.edu. Consumers can also call the toll-free ISU Answer Line at (800) 262-3804 to speak with a Home Economist who is there Monday-Friday.

-30-

News Release

Attend Weekend Quilting Retreat at Borlaug Learning Center

NASHUA – Whether you are a seasoned quilter looking for uninterrupted time to work, or a beginner looking for ideas and tips, the Borlaug Learning Center near Nashua is the perfect place to quilt. ISU Extension staff Brenda Schmitt and Mary Lynch invite quilters of all skills to a “Gone Quilting” retreat on September 17-19. The Borlaug Center has great lighting, abundant electrical circuits/outlets and plenty of space to work. The serene surroundings make it the perfect getaway.

The retreat will start Friday at 3 pm and will wrap up Sunday at 3 pm. Quilters should bring their own machine and projects. Experienced quilters will be on hand as needed. There will be a “Swap Shop” for sharing what you know longer need or to find a new treasure for your collection. Ironing boards and cutting tables will be provided. Dry camp sites are available for those wishing to bring a camper. For more information, contact Brenda Schmitt at 641-512-0650 or Mary Lynch at 641-394-2174.

-30-

News Release
Sheep Production Featured on Pasture Walk
DECORAH – Utilizing rented pasture for sheep production will be featured at the next Northeast Iowa Graziers Pasture Walk on Wednesday, September 8 at the Tom Beard farm near Decorah. The walk will run from 1:00-3:00 pm and is open to grass-based farmers or “graziers” of all species and at all levels. The Beard Farm is located on Middle Sattre Road, Decorah. At Decorah Jct. Hwy 9 & Hwy 52 go north 4.8 mi. to Meadowlark Rd., east on Meadowlark 2.3 mi. to Canoe Ridge Rd. Continue east on Canoe Ridge 1.2 mi. to Middle Sattre Rd., left on Middle Sattre to 5th place on the right.

The Northeast Iowa Graziers plan monthly walks to local farms to help producers learn how better pasture management can result in both healthier profits and a healthier environment. The walks are organized by area graziers and supported by Iowa State University Extension, Natural Resource Conservation Service and the Northeast Iowa Community Based Dairy Foundation.

For more information about the 2010 Pasture Walks, contact Jennifer Bentley, ISU Extension Dairy Specialist at 563-382-2949 or jbentley@iastate.edu.

-30-

Other Releases

Fresh, Crisp Look and New Features for Spend Smart. Eat Smart. Website
The Spend Smart. Eat Smart. website has been updated with a fresh, crisp look and new features to provide a better overall user experience, as well as easier access to information.

Iowans Encouraged to Help Track Iowa's Ticks
The Medical Entomology Laboratory at ISU relies on citizens to send in tick specimens so lab members can track the distribution and infection status of Iowa ticks.

Ask the ISU Garden Experts About: Spots on Apples, Herbicides on Lawns and Harvesting Butternut Squash
ISU garden experts tell readers that two different fungal diseases that often occur together cause cosmetic damage to apples; broadleaf herbicide applied in the fall will be absorbed by the broadleaf weed’s foliage and transported to the roots; and butternut squash can be harvested when the skin is hard and uniformly tan in color.

Iowa State University Extension news releases are available on the World Wide Web at http://www.extension.iastate.edu/news/.

This information has been sent to you by Teresa Wiemerslage, Regional Communications Coordinator for Region 4 ISU Extension, wiemer@iastate.edu, 563-794-0599.

For information about local Extension events and programs, contact:
Allamakee: Julie Christensen, 563-568-6345, juliechr@iastate.edu
Chickasaw: Mary Lynch, 641-394-2174, mjlynch@iastate.edu
Clayton: Rita Severson, 563-245-1451, ritas@iastate.edu
Fayette: Kathy Steege, 563-425-3331, ksteege@iastate.edu

Howard: Sue Barnes, 563-547-3001, skbarnes@iastate.edu

Winneshiek: Bonnie Sorum, 563-382-2949, bsorum@iastate.edu

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.

Teresa Wiemerslage, Iowa State University Extension
Region 4 Extension Education & Communications Coordinator
PH: 563-568-6345, Cell: 563-794-0599, wiemer@iastate.edu
www.iowafoodandfitness.org www.iowafreshfood.com
www.extension.iastate.edu