

# To Your Health

July 2010

## Homemade Ice Cream

July is National Ice Cream Month. If your recipe



calls for eggs and there is not a cooking step, it's time to replace or revise the recipe.

Salmonella food poisoning is the biggest concern. Those at highest risk are elderly, pregnant women, children preschool age and younger and anyone whose immune system has been weakened by illness.

*Tips for Homemade Ice Cream*, N3274, offers ways to keep homemade ice cream safe and includes ways to reduce fat in homemade ice cream.

<http://www.extension.iastate.edu/Publications/N3274.pdf> or ask for it at your local county ISU Extension office.

### *Vanilla Ice Cream*

*This basic cooked custard recipe makes about one gallon in a standard ice cream freezer.*

2 cups sugar  
 $\frac{1}{4}$  cup cornstarch  
 $\frac{1}{4}$  teaspoon salt  
4 cups milk  
4 eggs, beaten  
2 tablespoons vanilla  
4 cups light cream

1. Mix sugar, cornstarch, and salt in the top of a double boiler. Gradually blend in 4 cups milk. Cook over hot water, stirring occasionally until thickened, 12 to 15 minutes.
2. Stir a small amount of the hot cornstarch mixture into the beaten eggs, then stir the eggs into the remaining cornstarch mixture.
3. Continue cooking, stirring constantly 4 to 5 minutes more or until the mixture is about the consistency of pudding.
4. Chill thoroughly. This step is essential for smooth ice cream.
5. Stir in vanilla and remaining milk or cream.
6. Pour into a 1 gallon ice cream freezer and freeze according to the manufacturer's directions.
7. Remove dasher, add mixture of ice and salt to freezer, if needed, cover with heavy blanket, and allow ice cream to harden about 2 hours.

### *Fruit variation*

Stir in 2 cups crushed or pureed fruit after removing dasher.

### *Chocolate swirl variation*

Swirl 2 cups chocolate sauce through ice cream after removing dasher



## ***Flooded!***

Many Iowans are once again facing clean up and recovery from flooding.

Is the vegetable garden safe to eat?

Here are recommendations from the ISU publication SP 328 *Garden Produce in Floods*: If flood waters have covered a garden, produce may be unsafe to eat. In general, if produce was immature at the time of the flooding, the produce may be safe to eat at harvest. If produce was ready for harvest at the time of flooding, then this produce will likely not be safe to eat.

Some fruit and vegetables are more susceptible to bacterial contamination:

- Leafy vegetables such as lettuce, cabbage, mustard, kale, collards, spinach, Swiss Chard
- Fleshy vegetables such as tomatoes, summer squash, and peppers
- Berry fruits such as strawberries

All of these are highly susceptible to bacterial contamination. Do not use if mature when flooded. In the case of strawberries, do not use any fruit that is set on, regardless of maturity.

Root, bulb and tuber crops such as beets, carrots, radishes, turnips, onions and potatoes are less susceptible to bacterial contamination. Wash cook and peel. Note however that radishes and raw green onions

should not be used since they will not be cooked.

Other ISU Extension publications of interest:  
Recovery - 13 - *After the flood: Buying new carpet*

Recovery - 1 *After the flood: Going back home*  
Recovery 11 - *Cleaning clothing and textiles*  
Recovery 58 - *Inspect flood-damaged appliances*  
Recovery 8 - *Making choices about cleaning wet carpet*

Ask for these at your local county ISU Extension office or download them from the publications link on the ISU Extension website.

<https://www.extension.iastate.edu/store/>

## **Buying Fresh Vegetables**

Not sure how to choose a good eggplant when shopping for produce at the local Farmer's Market (or grocery store)? Not sure the best way to store cucumbers and zucchini once you get them home?

*Fresh Vegetable Guide*, Pm 2034 provides information about when vegetables are in season throughout the year, what to look for when purchasing fresh vegetables, and how to store them. Check it out on line

<http://www.extension.iastate.edu/Publications/PM2034.pdf> or ask for it at your local county ISU Extension office.

Northwest Area Newsletter - Iowa State University Extension  
Prepared by Renee Sweers, nutrition and health program specialist

Contact: [rsweers@iastate.edu](mailto:rsweers@iastate.edu)

Phone: 712-276-2157