

# *BETter Living ...*

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## **Now is a Great Time to Visit a Farmer's Market**

We all love fresh produce. There are many treasures that can be found at a local farmer's market. As you browse through a farmer's market, it is important to think of ways to keep your food fresh and bacteria free. If you are food safe, it will reduce your chance of getting a food-borne illness.

### **Safety Tips at the Market**

- Fresh Produce – Clean, looks fresh, no cuts or nicks
- Cut or Peeled Produce – Surrounded by ice, looks fresh and cold
- Meats, Eggs, Cheese – Product is in a cooler or on ice
- Milk – Must be pasteurized (KS regulation)
- Home Canned Foods – Ask how it was prepared and handled
- Booth, Personal Cleanliness – Vendors have clean clothes, hands, no wiping nose, etc.
- All Products – Ask vendors about their food safety practices

### **Safety Tips on the Way Home**

- Keep raw meat separate from other foods
- Make the market your last stop
- Use cooler/insulated bags, especially if it takes more than an hour to get home

### **Safety Tips at Home**

- Wash produce under running water even if you are not eating the peel as dirt can transfer outside to inside
- Keep raw meat, poultry, seafood, and eggs below and separate from all other foods in the refrigerator
- Refrigerate or freeze perishables within 2 hours to prevent microbial growth

### **Remember to Cook Food thoroughly to Kill Microorganisms**

- Beef, pork, lamb, and veal steaks, chops, and roasts, & seafood: 145°F with a 3 minute rest time after cooking
- Ground beef, pork, lamb and veal; egg dishes: 160°F
- All poultry products, all reheated foods: 165°F

By following the above tips, you will be a food safe star!

For more information visit: [www.ksre.ksu.edu/foodsafety](http://www.ksre.ksu.edu/foodsafety)