

The NEBLINE

Nebraska Cooperative Extension
Newsletter
Lancaster County

THE NEBLINE is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, Nebraska, 68528-1507. Contact the extension office, (402) 441-7180 for more information.



Gary C. Bergman, Extension Educator—Unit Leader

NOTICE: All programs and events listed in this newsletter will be held at the Lancaster Extension Education Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.

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Extension Calendar

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

June 13
4-H Council Meeting 7 p.m.

June 14
Horse VIPS Committee 7 p.m.

June 15
Fairboard Meeting 7:30 p.m.
Animal ID's Due

June 17
Amy Countryman Outdoor Arena Work Party, *Lancaster Event Center* 8-12 noon
Bridal Events with an Herbal Twist, *Pioneers Park Nature Center* 10 a.m.-12 noon

June 19-22
District Horse Show

June 20
4-H/FFA Livestock Judging Clinic, *State Fair Park* 1-3 p.m.

June 21
Consumer & Family Science Contest Workshop 1 p.m.
Practice Demonstration Workshop 2:30 p.m.

June 22
Great Showmanship Workshop, *State Fair Park* 9-11 a.m.

June 26
Pet Pals 4-H Meeting 7 p.m.
FCE Council Meeting 7 p.m.

June 26-29
District Horse Show

June 27
4-H Tree Workshop 2 p.m.

July 7
All Animal & Contest County Fair Entries Due

July 9
4-H Ambassador Meeting 2 p.m.
4-H Teen Council Meeting 3-5 p.m.

July 10
Livestock Booster Club Meeting 7:30 p.m.

July 11
4-H Horticulture Contest Workshop 2 p.m.
4-H Council Meeting 7 p.m.

July 12
4-H Horse VIPS Meeting 7 p.m.

July 13
Sizzling Summer Sampler 6-9 p.m.

July 14
Extension Board Meeting

July 15
Preparing Herbs and Flowers, *Pioneers Park Nature Center* 10 a.m.-12 noon

July 18
Beef Hoof Trimming Clinic, *Gordon Chapelle Residence* 6 p.m.

July 16-20
4-H State Horse Expo, Grand Island



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ately before leaving home. Avoid frequently opening the cooler. Pack beverages in one cooler and perishables in another. Keep cooler in an air-conditioned vehicle for transporting and then keep in the shade or shelter at the picnic site. Remove at one time only the amount of food that will fit on the grill. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits and vegetables.

✓ Cooking is key to meat and poultry safety. If needed, scrape the grill before grilling. Heat the grill to kill microorganisms before placing meat or poultry on it.

✓ When meat and poultry are done cooking, juices will run clear when you cut into the meat. Cook ground beef patties until brown in the middle and

juices are clearish with no pink in them (160 degrees F). When testing doneness, don't reuse the same knife or utensil to recheck for doneness.

While ground meats should be heated to 160 degrees F to kill microorganisms, temperatures for steaks can be 145 degrees F for medium rare, 160 degrees F for medium and 170 degrees F for well done. Whole poultry should be cooked to 180 degrees F in the thigh. Breast meat should be cooked to 170 degrees F.

Use tongs or spatula to turn meat rather than a fork which punctures the meat and introduces bacteria into the interior of the meat.

✓ Adding sauces or spices to meat may make it look brown before it is done. Brush or sprinkle sauces/spices on the surface of cooked burgers.

✓ Cook meat and poultry completely at the picnic site. Partial cooking of foods ahead of time allows bacteria to survive and multiply to the point that subsequent cooking may not destroy them.

✓ Use a separate clean tongs or spatula for removing meat or poultry from the grill and place on a clean plate to avoid cross-contamination with uncooked meat.

Discard any food left out for more than two hours or one hour if the temperature is above 90 degrees F. When in doubt, throw it out!

For more information about summer food safety from NU Lancaster County Extension and Lincoln-Lancaster Health Department, check on the Internet under the "Hot Topics" section at: www.lanco.unl.edu/food (AH)