



## FOOD SAFETY AND GARDENING

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Orange County



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**Remember evidence based research!!!**

"I've been knowing all along."

SELF-DRIVING SLED



RUN A LOAD OF CORN ... I heard of this years ago and tried it, we were skeptical until we saw how easy it was. My friend heard that we were cleaning and blanching corn in our dishwasher and put us on the prayer list at church. She came for supper and we conveniently had some corn "running" while she was there and she was convinced that we weren't crazy after all...well, not about the corn thing at least. Have you ever used the dishwasher to prepare corn for the freezer? And of course, you don't use any detergent just run a full cycle to remove remaining silks and blanch it. I know, I know, we crazy!



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### FOOD SAFETY AND GARDENING

- ✓ Clean Hands and Sanitized Hands
- ✓ Safe Water
- ✓ Compost
- ✓ Clean and Sanitized Tools
- ✓ Safe Handling



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OLD MEDICAL TERMS

- Puerperal Fever
- Typhoid Fever – Salmonella Typhi
- Gastrointestinal Infections
- Fevers

1898: More than 20,000 American soldiers contract typhoid fever in the Spanish-American War

1919: Canned olives cause a botulism outbreak

1924-1925: Deadliest U.S Outbreak from oysters contaminated with Salmonella – 150 dead

1936: Rudyard Kipling dies from ulcer caused by

1985: 200,000 sick from Salmonella stemming from contaminated milk

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CLEAN HANDS AND SANITIZED HANDS



Cold Water  
 Warm Water  
 Makes No Difference

"I must be growing up. I've caught myself washing my hands without being told to."

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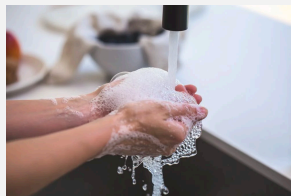
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HAND WASHING

- Wet hands with clean running water (warm or cold) and apply soap.
- Rub hands together to make a lather and scrub them well; scrub the backs of hands, between fingers, and under nails.
- Rinse hands well under running water.
- Dry hands using a single-use towel.




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**Clean Hands Save Lives**

**Hand Sanitizers**

- Not the best option.
- Hand Washing is always best
- Use when there is no water or soap to wash your hands or reinforce hand washing

"I use so much alcohol-based hand sanitizer, my hands had to join a 12-step program!"

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**BEST PRACTICES**

1. Wash your hands properly using single use towels before beginning work in the garden
2. If running water is not available, wear disposable, single-use gloves while harvesting.
3. If the task is maintenance-only, traditional gardening gloves are recommended.
4. Wash your hands properly after working in the garden.

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**SAFE WATER**

**BEST PRACTICES**

1. Use a regulated, treated water source.
2. If you are using or intend use well water or rain barrels, have the water tested regularly and make sure it is up to EPA standards before you use it for watering or washing (things like hands, equipment and food).
3. Contaminated or untreated water is a frequent source of Hepatitis A, Giardia, and Shigella. Even E. coli, Salmonella, and Norovirus bacteria can spread via water as well.

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COMPOST FOR EDIBLE GARDENS

BEST PRACTICES



1. Put the compost bin as far from the garden as possible, downhill.
2. When handling compost wear single-use gloves.
3. It is **not** recommended using animal components, such as manure, meat, egg shells or bones. They may not be thoroughly processed and contain environmentally resilient foodborne pathogens.
4. Your compost pile should register above 130°F for at least 5 days to kill pathogens such as E.coli and Salmonella.

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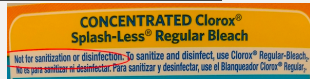
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CLEAN AND SANITIZED TOOLS

BEST PRACTICES



1. Having dirty tools can become a safety risk for cross-contamination.
2. Wear only single-use gloves when harvesting and put the harvest into clean, sanitized containers.
3. Wash hands before harvesting and if contaminated. If you are unsure when the containers were last washed, put the harvest into new plastic bags.
4. Wash to remove soil and sanitize with bleach solution, 50-200 ppm, or about 1 teaspoon to 1 tablespoon of bleach per gallon of water.

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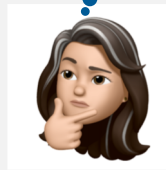
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- CLEAN HANDS
- CLEAN WATER
- CLEAN SOIL
- CLEAN TOOLS



Remember




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**SAFE HANDLING AND STORING**



1. **Check** fresh produce for signs of cote or bruising, where harmful bacteria can breed.
2. **Rinse** fresh fruits and veggies just before eating.
3. **Separate** produce from raw meat, seafood, poultry, eggs and household chemicals.
4. **Chill** cut fresh produce within two hours to prevent bacteria growth.
5. **Throw Away** bruised, damaged or potentially cross-contaminated produce.

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**FRESH VEGETABLE STORAGE GUIDE**

Vegetable	Storage	Rub with detergent or scrub with a produce brush?	Additional tips
Asparagus	Refrigerate after ripening	Scrub	
Beets	Refrigerate	Rub	
Carrots	Refrigerate	Scrub	
Chiles/ Other Peppers	Storage in cool place (such as basement or garage) preferred; can be refrigerated	Rub	Keep hands away from face when handling hot peppers.
Corn	Refrigerate	Rub	
Cucumbers	Storage in cool place preferred; can be refrigerated	Scrub	Rinse and scrub well to remove wax surface. Remaining water are safe to eat. Rinse before peeling.
Garlic	Do not refrigerate	Scrub	
Green beans	Refrigerate	Rub	Rinse and rub before snapping the end of the beans off.
Lettuce	Refrigerate	Rub, moving leaves	Remove outer leaves of non bagged lettuce. Bagged lettuce labeled "pre-washed" does not need to be washed again prior to eating.
Onions	Can be refrigerated but not necessary	Scrub	Store in a well-ventilated place so that air can get to centers. Do not freeze whole onions.
Peas	Do not refrigerate	Scrub	Remove eyes with a knife or peeler.
Radishes	Refrigerate	Scrub	
Spinach	Refrigerate	Rub, moving leaves	Bagged spinach labeled "pre-washed" does not need to be washed again prior to eating.
Squash	Do not refrigerate	Scrub	
Tomatoes	Refrigerate after ripening	Rub	
Zucchini/ Squash/Courts	Refrigerate after ripening	Scrub	Rinse before peeling.

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**HOME FOOD PRESERVATION**

- Freezing, Drying, Canning, Curing & Smoking, Fermenting, Pickling, Jam & Jelly, and proper storing.
- Always use a tested recipe!! If you are unsure, you can contact your local FCS Agent



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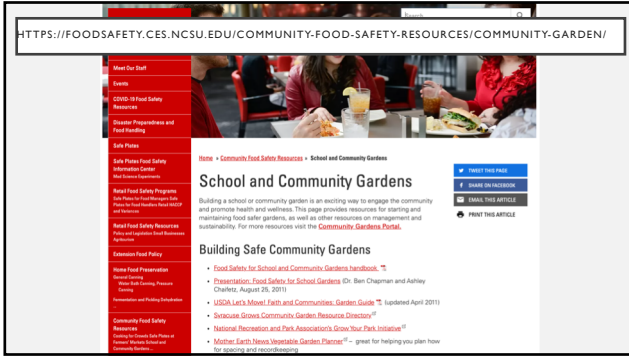
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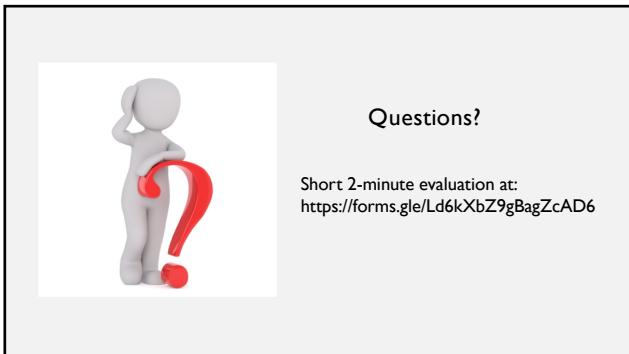
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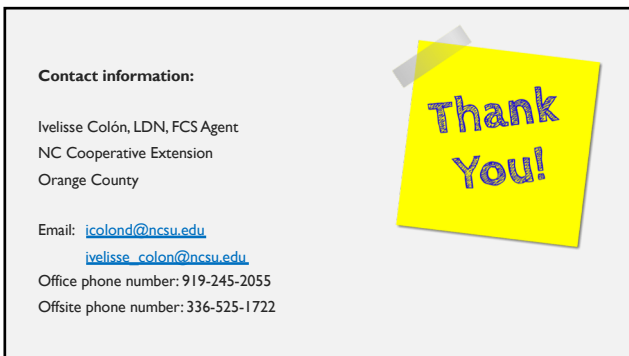
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