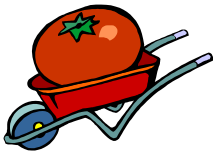




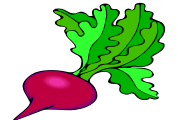
Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Summer 2002



Capital City Garden Project Feeds the Indianapolis Hungry

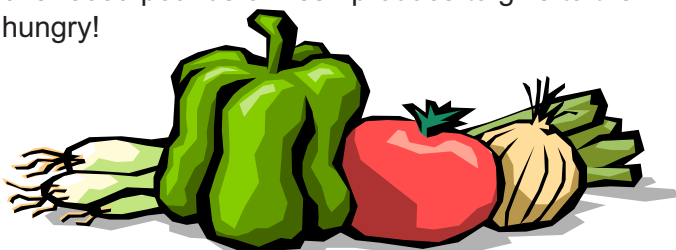


The Capital City Garden Project (CCPG) is a community-based educational program in Marion County, Indiana promoting healthy people and greener neighborhoods through gardening. The project works with the young and the elderly, neighborhood groups and backyard gardeners teaching the basics of urban food production and neighborhood beautification.

CCGP is one of 23 Urban Garden Programs started by the U.S. Department of Agriculture and is administered by the Marion County Office of the Purdue Cooperative Extension Service. It is affiliated with the American Community Garden Association, a nation-wide network of not-for-profit garden programs. Visit the website www.communitygarden.org to find out more about community gardens throughout America.

The National Garden Writers Association Plant-a-Row for the Hungry campaign (PAR): www.gwaa.org/par is one of CCGP's activities. The campaign's goal is to inspire gardeners to plant an additional row in their garden plot and contribute the produce to the hungry. CCGP began planning in February 2001 for last summer's growing season and set a donation goal of 2001 pounds of food. They not only met but exceeded their targeted poundage with over 3659 pounds of fresh produce to give to the hungry!

One of the objectives that emerged after last year's successful PAR campaign: matching community gardens with shelters and pantries. By doing so, the pantries will receive donations consistently and the gardeners will always have a place to donate. If you enjoy gardening, or are interested in arranging to have garden produce donated to your pantry, check out the website for Capital City Gardening Project, <http://www.ces.purdue.edu/marion/web/ccgp/>, or contact Claire Williams, Extension Educator, (317) 275-9305.



On the Menu

What's Happening.....	1
Puzzle.....	6
Food Safety	3
In the Kitchen.....	4,5
Tips You Can Use.....	7
Personal Glimpses.....	2



Why You Need to Know About Claire Williams

Claire Williams has been the Urban Garden Extension Educator for Purdue Extension – Marion County and coordinator of the Capital City Garden Project since September 1999. As part of her role in Marion County Claire is an advisory board member for the Marion County Plant a Row for the Hungry (PAR) campaign. The board also includes Bill Barkhau, Urban Garden Assistant; Jo Ellen Meyers Sharp, free lance garden writer and Advanced Master Gardener; Kathy Petreré, community gardener and Green Speak newsletter editor; and Ginny Roberts, Horticulture Program Assistant.

To promote the PAR program the board has set up booths at local garden shows, the County Fair and State Fair. They have also made presentations to several garden clubs, school groups and Master Gardener meetings. In 2001 board members collected produce and delivered it to food pantries, homeless shelters and churches. This year the board is encouraging gardeners to deliver the produce themselves.

Teamwork is the name of the game at Capital City Garden Project! Claire collaborates with board members, community volunteers, school teachers, youth, and the elderly to create gardening opportunities throughout the Indianapolis community

The Capital City Garden Project receives donations of year-old seed every fall. After sorting the seed Claire creates an order form and distributes seed to community gardens. In 2002 over \$3,000 worth of seed was given out. Claire also organizes a Spring Garden Clinic every year that 130+ people attend. She teaches after school and summer camp gardening programs for youth. In these programs, youth get hands-on experience in gardens and extra produce is donated to the PAR program.

This year Claire started a new gardening program at the Indiana Women's Prison. As part of the program the women help maintain a garden outside the infirmary. This garden has a therapeutic effect for many women and the gardeners have plans for its improvement.

Claire oversees the publishing of the Green Speak newsletter. The newsletter keeps gardeners aware of gardening events and provides information about community gardens. Claire also acts as an advisor to groups interested in starting a community garden and existing community gardens.

In the fall Claire and Steve Mayer, Horticulture Extension Educator, are starting a City Gardener Program. This program will teach people with little or no gardening experience the basics of gardening with an emphasis on the needs of people in an urban environment.


To get more information about the Capital City Garden Project or community gardens call Claire at (317) 275-9305 ext. 288 or email claire.williams@ces.purdue.edu.

Ready-to-Use Resources at the Safe Food For the Hungry Website


The Safe Food for the Hungry Website has many resources to help educate people about food safety. Below some of the many posters are shown, illustrating the ready-to-use resource materials easily located on the website.

If you haven't visited the site recently, you're in for a lovely surprise! Ann Bessenbacher and Vijay Guru have contributed to the development of the site this Spring, and it shows! Be sure to come clicking by sometime soon and see for yourself: <http://www.cfs.purdue.edu/safefood/sfhungry.html>


Serious Can Defects




Dented at junction of side and end



Sharp dent or dent on seam




Swollen or bulging



Pitted rust or leaking


Cans with any of these defects may be unsafe. Discard them!




Purdue University
Cooperative Extension Service
School of Consumer & Family Sciences

Cans with any of these defects may be unsafe. Discard them!


Purdue University
Cooperative Extension Service
School of Consumer and Family Sciences




Serious Jar Defects




Loose seal or tamper-evident cap missing or broken.



Dirt under the rim.




Crooked lid, warren bottom raised, other evidence that cap has been opened.



Leaking, crack or chips, or product discolored.

Jars with any of these defects may be unsafe. Discard them!



Purdue University
Cooperative Extension Service
School of Consumer & Family Sciences

Keep It Cold!


- Serve cold foods cold (below 40°F).
- Refrigerate perishable foods and leftovers.

Keep It Hot!

- Serve hot foods hot (above 140°F).
- Reach and maintain safe food temperatures (165-180°F).

Keep It Clean!

- Wash and sanitize everything that contacts foods.
- Sanitize with chlorine bleach water.
- Don't handle food too much.
- Store foods where rodents and insects can't reach.



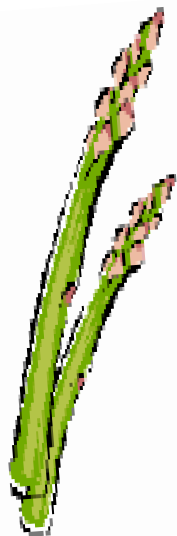
Purdue University
Cooperative Extension Service
School of Consumer & Family Sciences

What do Beef and Asparagus Have in Common?

by Nicole Gaviola, Foods and Nutrition Student, Purdue University



There will be a supply of asparagus and beef roasts arriving in the food pantries and kitchens this summer. Asparagus is a delicious vegetable, rich in Vitamin A, and fiber, can be served in place of green beans and is a wonderful addition to any diet.



The beef roast is a fairly easy item to prepare and provides both protein and iron.



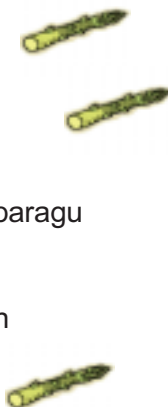
The following are some easy recipes that provide a way to prepare the beef and asparagus that are now available. Use one of each recipe for a wonderful and delicious dinner.

Asparagus Cream Soup

Yield: 6 to 8 side dish servings

Ingredients:

- 2 15 ounce cans asparagus spears or two 10-ounce packages frozen asparagus spears thawed
- 3 cups milk or light cream
- 1/4 cup finely chopped shallots or onion
- 2 tablespoons butter or margarine
- 2 teaspoons all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- 1/8 teaspoon ground nutmeg
- 1 slightly beaten egg



Directions:

1. Drain canned asparagus; cut tips off canned or frozen asparagus spears and set aside.
2. In a blender container combine asparagus stalks and milk, cover and blend until smooth.
3. In a saucepan, cook shallots or onion in hot butter or margarine till tender but not brown.
4. Stir flour, salt, pepper, and nutmeg into the butter and onion mix.
5. Cook and stir until thickened and bubbly. Cook and stir 1 minute more.
6. Slowly stir about *half* of the hot mixture into beaten egg.
7. Return all to pan. Stir in reserved asparagus tips.
8. Cook and slowly stir over low heat for 2 to 3 minutes.

Source: Better Homes and Gardens Classic International Recipes, 1982.

Asparagus Casserole

Yield: 6 servings

Ingredients:

- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- ½ teaspoon prepared mustard
- Dash pepper
- 2 cups milk
- 2 pounds asparagus, cut into 1 1/2 inch pieces, cooked and drained
- 3 hard cooked eggs, sliced
- ¼ cup finely crushed saltine crackers
- 2 tablespoons butter or margarine melted

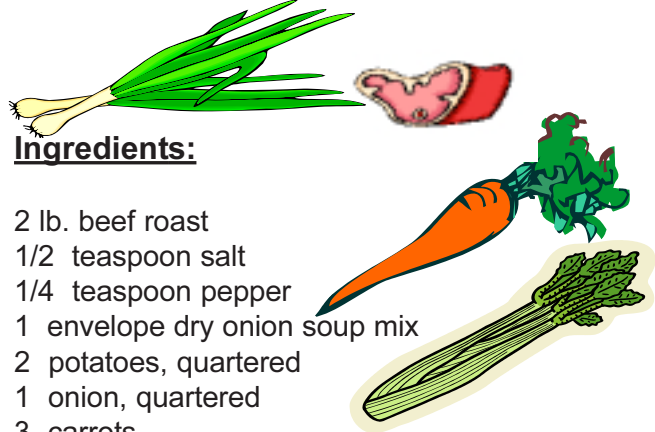


Directions:

1. Melt 2 tablespoons butter. Blend in flour, salt, mustard, and pepper.
2. Add milk. Cook and stir quickly until thickened and bubbly.
3. Arrange *half* of the asparagus in an 8X8X2-inch baking dish.
4. Top with the egg slices. Season with salt and pepper.
5. Spoon *half* of the sauce mixture evenly over all.
6. Top with remaining asparagus and sauce.
7. Toss crumbs with 2 tablespoons melted butter and sprinkle evenly on top of sauce.
8. Bake uncovered at 350°F until heated, about 25-30 minutes.

Source: Better homes and Gardens Golden Treasury of Cooking, 1973.

Beef Pot Roast



Ingredients:

- 2 lb. beef roast
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 envelope dry onion soup mix
- 2 potatoes, quartered
- 1 onion, quartered
- 3 carrots
- 2 stalks celery, sliced in quarters



Directions:

1. Wipe roast with clean, damp cloth to remove juices.
2. Place in a slow-cooking pot or heavy skillet with lid.
3. Sprinkle with salt, pepper, and onion soup mix.
4. Cover and cook on low to medium for 2 to 2 ½ hours
5. About 1 hour before serving, add vegetables, keep covered.

Source: Where's Mom Now that I need her? Surviving away from home. 1983.

Roast Beef

Ingredients:

- 3 lb. beef roast
- Flour
- Salt
- Pepper
- Garlic Powder (If Available)



Directions:

1. Put meat in pan and rub with flour, salt, pepper, and garlic powder (If available).
2. Place in hot oven, around 500° F and brown the meat. When browned, reduce to about 350° F.
3. Cook for about 45 minutes to one hour.
4. Be sure to baste frequently with the natural juices in the pan.

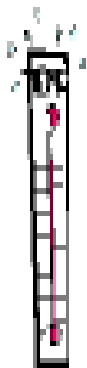
Source: A Cowboy's Cookbook, 1992.

Your Long-Awaited PUZZLE!

Word Search With Chilling Clues

by Nicole Gaviola, Foods and Nutrition Student, Purdue University

For this Word Search, read the clues, think of the word that best fits the clue and find it in the puzzle. This puzzle is based on the Food Safety section that can be found in the Spring 2002 edition of the newsletter.



Clues

This storage area temperature is to be kept between 50-70°F.

The temperature in this storage unit needs to be kept at or below 41°F.

This should be placed in an area that is easy to locate and read, it is used to check temperatures.

Food _____ is reduced when temperatures are kept in the proper range.

The number of times the temperature in a storage area should be checked every day.

The _____ needs to be kept at or below 0°F.

More information regarding temperatures and thermometers can be found here.

One Way to Fight Hunger: Take a Hike!

There are many ways we can work together to reduce hunger. What will you do this summer to help?

Lafayette Urban Ministries, (LUM), a Lafayette-area non-profit ecumenical organization, coordinates an annual Hunger Hike, held in September each year. It is a wonderful opportunity for the community to gather for some exercise, fellowship, fun, and patriotism while supporting anti-hunger programs here and abroad.



Lafayette hikers for the hungry September, 2001.

Last year's hike was held on September 21st, a fair weather day for a hike. The Purdue Crew Team, under the leadership of Coach Dave Kucik, was the Grand Marshal for the Hike, leading the walkers on a 7-kilometer hike through Lafayette and West Lafayette.

Everyone enjoyed the new route along the Wabash Heritage Trail, which was divided in two loops to accommodate different fitness and time commitment levels. All returned to the plaza to enjoy refreshments and live entertainment.

The Hunger Hike proceeds came to over \$17,000 and provided important financial support for LUM's anti-hunger programs, Food Finders Food Bank, and hunger relief efforts in Haiti.

Events similar to this Hunger Hike are held throughout the state each year in an effort to help reduce hunger. This year, on September 22, LUM will again hold a Hunger Hike, call (765) 423-2691 for more information. Many organizations like LUM sponsor fundraising events you can enjoy participating in if you know when they will occur.

For more information about a Hunger Hike in your town, please refer to: one of these websites:

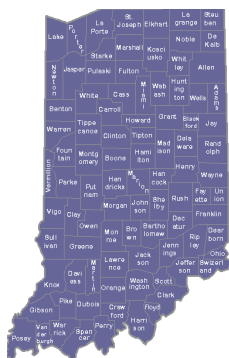
<http://www.worldhungeryear.org/nhc/>

<http://www.endhunger.org/links.htm>

<http://www.secondharvest.org/>

Indiana's Directory
of
Food Assistance
Organizations
is available online at:

www.cfs.purdue.edu/safefood/sfhungry.html



Paper copies
of the March 2002
Indiana Directory of Food
Assistance Organizations
are still available.
Please send requests to:

Martha Jane Gipson
Safe Food for the Hungry
1264 Stone Hall
Purdue University
West Lafayette, IN 47907-1264
e-mail: gipsonm@cfs.purdue.edu

Safe Food For the Hungry

Department of Foods and Nutrition
Stone Hall
Purdue University
West Lafayette, IN 47907-1264

Phone: (765) 494-8186

*Please check your name
and address and let us know
of any changes we should
make in your listing in our
database.*

Food Safety Questions?

Educators at your local Purdue University Extension Office can answer your food safety questions. To contact your local extension office, call: **1-888-EXT-INFO**



Safe Food for the Hungry

A Newsletter for the Staff and Volunteers of Emergency Feeding Programs

Summer 2002

This newsletter is created by the Cooperative Extension Service staff in the Department of Foods and Nutrition at Purdue University, with funding from a Community Foods and Nutrition Block Grant administered by the Family and Social Services Administration, Division of Family and Children, Housing and Community Services Section.

Send comments to: Martha Jane Gipson
Department of Foods and Nutrition, Stone Hall
Purdue University
West Lafayette, IN 47907-1264
Phone: (765) 494-8186 Fax: (765) 496-0906
E-mail: gipsonm@cfs.purdue.edu

It is the policy of the Purdue University Cooperative Extension Service, David C. Petritz, Director, that all persons shall have equal opportunity and access to its programs and facilities without regard to race, color, sex, religion, national origin, age, or disability. Purdue University is an Affirmative Action employer. This material may be available in alternative formats.

1-888-EXT-INFO

<http://www.agcom.purdue.edu/AgCom.Pubs/menu.htm>