Ask the Expert:
"What steps do I need to take to start a community garden in my area?"
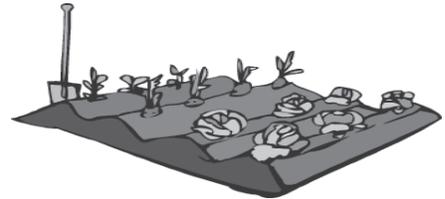
A community garden is a single piece of land shared by a group of people. Some gardens have plots staked out for individuals to rent, while others have one big growing area.

Community gardens can provide access to fresh produce, physical activity, a connection to the environment, increased community food security, and an opportunity to allow residents to grow and donate food to those in need.

The best way to get involved with a community garden is by talking with your neighbors, your neighborhood association and local church and school groups.

Starting a Community Garden:

- Form a planning committee
- Choose a site
- Prepare and develop the site
- Organize the garden

Resources for Starting a Garden:

Horticulture Information:
- Extension office in your county
- Horticulture societies
- Garden centers

Seed Donations:
- America the Beautiful: (202) 638-1649
- Hardware stores

Bedding Plants Donations:
- Local nurseries
- Parks department
- High school horticulture

For more information on how to start a community garden, visit the American Community Gardening Association at: **www.communitygarden.org/**

Locating a Community Garden in Your Area:

The best way to find out about existing community gardens in your area is to contact the local County Extension office and speak with the ANR (Ag and Natural Resources) Educator: www.ag.purdue.edu/extension/Pages/Counties.aspx. The ANR Educator and their Master Gardeners will be involved with local community gardens and will be able to provide assistance.

Going Green with the Newsletter

If you would like to support the "go green" effort of this newsletter and your organization has the means to receive it via e-mail instead of mail, please contact us with your organization's name and e-mail address at:

safefood@purdue.edu

IN THIS ISSUE

Storing Refrigerated and Frozen Food Products:

The Importance of Keeping Temperature Logs

Potentially hazardous foods, such as refrigerated and frozen food products need to be tested to make sure they are not in the ***Danger Zone*** (temperature between 40^0 F and 140^0 F). Emergency food programs in Indiana are expected to have documented evidence that they are monitoring daily food temperatures.

Food products requiring refrigeration must be stored at temperatures between 35° to 40°F to allow for proper air circulation in a refrigeration unit that is clean and inspected on a regular basis.

Frozen food products must be stored at a temperature 0° F or below to allow for proper air circulation in a freezer unit that is clean and inspected on a regular basis.

Temperature Logs

When food sits in the ***Danger Zone***, bacteria can grow fast and produce toxins that produces food-borne illness in humans. Foods such as meat, fish, poultry, milk, and products containing mayonnaise are particularly susceptible to growing germs at warm temperatures. A temperature log should be maintained daily on all refrigerators and freezers within the facility. The following questions should be addressed:

1. **Is a temperature log maintained on a daily basis?**
2. **How often are temperatures monitored?**
3. **Who maintains the log?**

Temperature Readings - Take temperatures for each area.

Dry Storage: 35^0- 75^0F
Refrigerator Storage: 35^0- 40^0F
Freezer Storage: 0^0F or below

Questions regarding policies and procedures for temperature logging should be directed to the Indiana Department of Health: 1-800-522-0874.

Source: Oregon Department of Human Services: www.oregon.gov/DHS/spd/provtools/admin_alert/food_temp.pdf

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Food Recall Information

For information about current and previous food recalls:

*   FDA: http://www.fda.gov/Safety/Recalls/default.htm
*   USDA (meat, poultry and egg recalls): http://www.fsis.usda.gov/FSIS_RECALL
*   CDC's toll-free public inquiries hotline (1-800-CDC-INFO or 1-800-232-4636)

Fresh Vegetables: Summer Squash

Without a doubt, summertime fresh vegetables are one of the most tasty and nutritious foods. For example, one serving of summer squash, or 1/2 cup raw, chopped squash contributes vitamin C, fiber and potassium to the diet. Some of the many kinds of summer squash are zucchini, yellow crookneck, and yellow straightneck. Knowing how to prepare and cook summer squash can be a great summertime treat!

Preparation and Serving:

Rinse squash under cold, running water to remove dirt. Cut off ends and any visible bruises.

Raw: For a low-calorie snack, wash and cut small squash into strips, rounds, or chunks and eat them with low-fat dips or hummus, or add them raw to salads.

Baking: Cleaned squash can be sliced or left whole and baked with seasonings, herbs, and other vegetables. Try it with onions, tomatoes, and breadcrumbs for a tasty dish. Cook in a 350°F oven for 30 to 35 minutes. Young, tender squash cut in slices or halves take less time to cook. Remove seeds prior to baking in larger, tougher varieties of squash.

Steaming: Cleaned squash can be cut into bite-sized pieces or rounds and placed in a steaming basket over 1 inch of water. Cover squash, bring water to a boil, and steam for 4 to 5 minutes. Small squash (1 to 2 inches long) can be steamed whole, but will take 10 to 12 minutes.

Reproduced with permission from "Zucchini and Summer Squash," Vegetables for Health, bulletin #4257 (Orono: University of Maine Cooperative Extension, 2008).

Zucchini and Tomatoes

Yield: 4 servings   Serving size: 1/2 cup

Ingredients:

2 Tbsp margarine   1/4 teaspoon salt
1/4 cup onion, chopped   black pepper to taste
1 garlic clove, chopped   1 teaspoon sugar
2 large zucchini, chopped
1 16 ounce can of diced tomatoes, drained

Directions:

1. Melt butter in a saucepan over medium heat.

2. Add onion and garlic.

3. Cook until tender, about 5 to 7 minutes.

4. Add zucchini, tomatoes and seasonings.

5. Cover pan, reduce heat and cook until vegetables are tender, about 20 minutes.

Source: SNAP-Ed Connection: http://recipefinder.nal.usda.gov

Zucchini Casserole

Yield: 6 servings   Serving size: 1 cup

Ingredients:

1 pound ground beef
1 small onion, diced
3 small zucchini, diced
3 small, yellow squash, diced
3 medium potatoes, peeled and diced
1 can stewed tomatoes, cut up

Directions:

1. Brown ground beef and onion together in a skillet; drain.

2. Mix all ingredients together and place in a casserole dish.

3. Cover with foil and bake at 350°F for 45 minutes.

Source: SNAP-Ed Connection: http://recipefinder.nal.usda.gov

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* Underline in ingredients list denotes commodity food ingredient

INDIANA'S
FOOD FOR THE HUNGRY

It's Time for an Update!

The "Indiana's Food for the Hungry" on-line food assistance directory is due for an update! Since 1994 the Directory of Indiana Food Assistance Organizations has been made available by the Purdue Department of Foods and Nutrition and the Cooperative Extension Service through funding provided in support of the USDA TEFAP. The directory was created as a resource for staff of agencies working to help those in need in Indiana.

Please watch your mailbox for information on how to update your agency's listing in our database. Update forms will be mailed in July and corrections will be made throughout the summer. Thank you for your cooperation as we update our directory.

For questions or concerns, please contact Indiana's Food for the Hungry at: safefood@purdue.edu