To Be Egg Safe
Contributed by Kim Bryan, EFNEP Educator

1. Avoid eating raw eggs or foods that contain them. This includes "health food" milk shakes and raw eggs. Caesar salad, Hollandaise sauce, and any other food like homemade mayonnaise, ice cream, or egg-nog made from recipes in which the raw egg ingredients are not cooked.
2. At the store, choose Grade A or AA eggs with clean, uncracked shells. Make sure they have been refrigerated in the store. Any bacteria present in an egg can grow quickly at room temperature.
3. Refrigerating eggs - Take eggs straight home to the refrigerator. A home refrigerator should be running at 40 degrees Fahrenheit. Store them in the grocery carton in the coolest part of the refrigerator, not in the door. Don’t wash eggs. You’ll remove a protective coating applied at the packing plant.
4. How long will eggs keep in the refrigerator? Use raw shell eggs within 3 to 5 weeks. Hard-cooked eggs will keep 1 week. Use leftover yolks and whites within 4 days.
5. How long will eggs keep frozen? About 6 months. You can freeze white separately. For whole eggs, beat yolks and whites together. If eggs freeze accidentally in their shells, keep them frozen until needed. Defrost in the refrigerator. Discard any with cracked shells.
6. Handling eggs- Wash hands, utensils, equipment and work areas with hot, soapy water before and after contact with eggs and egg-rich foods. Avoid keeping eggs out of the refrigerator over two hours. Serve cooked eggs and egg-rich foods immediately after cooking, or refrigerate at once for later use. Use within 3-4 days.
7. Leftovers - Divide large amounts of egg-rich foods into small containers for quick cooling.
8. Cooking times:
   Fried eggs- 2 to 3 minutes on each side; 4 minutes in a covered pan.
   Scrambled eggs should be cooked until firm throughout.
   Poached eggs- Cook 5 minutes over boiling water
   Soft-cooked eggs- Cook in the shell 7 minutes.
9. Safer egg recipes- Update recipes for Caesar salad, Hollandaise sauce, homemade mayonnaise, salad dressing and other uncooked egg-based sauces by using commercial pasteurized eggs or egg substitutes. Egg mixtures are safe if they reach 160 degrees Fahrenheit, so you can make eggnog, ice cream and soft custards from fresh eggs if you start with a cooked base. Use a thermometer or heat gently until the mixture coats a metal spoon.
10. Easter eggs- Cooking removes the eggshell's natural protective coating, so hard cooked eggs are more susceptible to bacteria than fresh shell eggs. Refrigerate Easter eggs immediately after cooking and drying. Do not leave them unrefrigerated for over two hours during the hunt either. After your "bunnies" have found their eggs, refrigerate the eggs again. They should keep for about a week.

Are Dyed Eggs Safe?
Contributed by: Barbara Fisher, EFNEP Educator

Decorations: One Easter bread recipe is decorated with dyed, cooked eggs in the braided bread. After baking, serve within 2 hours or refrigerate and use within 3 to 4 days.
Blowing out eggshells: Because some raw eggs may contain Salmonella, you must use caution when blowing out the contents to hollow out the shell for decorating, such as for Ukrainian Easter eggs. Use only eggs that have been kept refrigerated and are uncracked. To destroy bacteria that may be present on the surface of the egg, wash the egg in hot water and then rinse in a solution of 1 teaspoon liquid chlorine bleach per half cup of water. After blowing out the egg, refrigerate the contents and use within 2 to 4 days.

Hunting Eggs: We do not recommend using hard cooked eggs that have been lying on the ground, because they can pick up bacteria, especially if the shells are cracked. If the shells crack, bacteria could contaminate the inside. Eggs should be hidden in places that are protected from dirt, moisture, pets, and other sources of bacteria. The total time for hiding and hunting eggs should not exceed 2 hours. The "found" eggs must be washed, re-refrigerated and eaten within 7 days of when they were cooked.

SOURCE:
http://www.fsis.usda.gov/FACTSheets/Focus_On_Shell_Eggs/index.asp#26

University of Maryland Extension programs are open to all persons without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status or national origin.
Spring 2013 “Egg”dition

“Egg”cellent Recipe
Contributed by: Monica Bland, EFNEP Educator

Although eggs are small in size, they are packed with essential vitamins and minerals, amino acids and high quality protein making them a huge powerhouse of nutrition! One egg a day can help provide thirteen essential nutrients that the body needs to be the best it can be! Here’s an easy recipe to give your day a boost!

“Egg”cellent Egg Salad
4 hard cooked eggs, chopped
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon mustard
4 tablespoons lite mayonnaise

◆ Put all the ingredients in a bowl and mix well.
◆ Serve on lettuce, whole grain bread or crackers.

Variations: Add 1 tablespoon sliced olives, relish, chopped nuts, green onion or green pepper.

SOURCE: Egg Nutrition Center

The Dandelion: An Herb or a Weed? Contributed by: Karlene Long, EFNEP Educator

I have yet to meet anyone who enjoys seeing dandelions in their lawn. Why not? It is probably because the dandelion refuses to play by the standard rules of the garden. It survives mowing, foot traffic, bad soil or good soil and it is found in every zone of the US. Thousands of dollars are spent each year in an effort to eradicate the dandelion but it prevails. It has a very long tap root which makes it very hard to kill from the root and the flowers dry and turn into seeds that produce more dandelion plants.

What can be done with these pesky weeds?

I say eat the dandelion. The USDA recommends the dandelion as a source of calcium. Every part of this herb is edible from its flowers to its root. It contains minerals such as calcium, potassium, magnesium and iron. It also contains Vitamin A (Beta carotene) C, E and K. It has a glycemic load of 2 which means it will not spike your blood sugar. It also makes for a great salad green. Cook it in the same way you would cook collards or kale or combine it with collards or kale for variety and serve it with hard boiled eggs. If you are vegan, leave out the eggs and enjoy the greens. It is used to aid many bodily function such as digestion, detoxification of the liver and can be used as a mild diuretic. The white sap in the stem is used as a wart remover. The flowers and the root can be used to make wine or boiled to make tea to drink hot or cold; if roasted, the root will produce a coffee like taste. The roasted root of this plant can sell for as much as $19.67 per lb.

Suggestion: Harvest the leaves from spring to fall this will prevent them from going to seed and reseeding themselves. Keep a special area in the yard for your dandelion. Pull the roots up in the fall and use them. Nourish your soil; grow beautiful dandelions. Remember this is free food. Last but not least if you are a person who normally uses herbicides to kill weeds, be careful eating dandelions because ingesting herbicides could be harmful to your health. Otherwise, enjoy!

People who drink soft drinks take in more calories than those who do not. Drinking sugar-sweetened beverages has been associated with weight gain, overweight, obesity, and type 2 diabetes. A 12-ounce can of soda has 150 calories and 10 teaspoons of sugar in the form of high fructose corn syrup. If these calories are added to the typical diet without cutting back on something else, one soda a day could lead to a weight gain of 15 pounds in one year.

Sports drinks, another popular soft drink, are packed with essential vitamins and minerals, amino acids and high quality protein making them a huge powerhouse of nutrition! One egg a day can help provide thirteen essential nutrients that the body needs to be the best it can be! Here’s an easy recipe to give your day a boost!

“The Dandelion: An Herb or a Weed? Contributed by: Karlene Long, EFNEP Educator

I have yet to meet anyone who enjoys seeing dandelions in their lawn. Why not? It is probably because the dandelion refuses to play by the standard rules of the garden. It survives mowing, foot traffic, bad soil or good soil and it is found in every zone of the US. Thousands of dollars are spent each year in an effort to eradicate the dandelion but it prevails. It has a very long tap root which makes it very hard to kill from the root and the flowers dry and turn into seeds that produce more dandelion plants.

What can be done with these pesky weeds?

I say eat the dandelion. The USDA recommends the dandelion as a source of calcium. Every part of this herb is edible from its flowers to its root. It contains minerals such as calcium, potassium, magnesium and iron. It also contains Vitamin A (Beta carotene) C, E and K. It has a glycemic load of 2 which means it will not spike your blood sugar. It also makes for a great salad green. Cook it in the same way you would cook collards or kale or combine it with collards or kale for variety and serve it with hard boiled eggs. If you are vegan, leave out the eggs and enjoy the greens. It is used to aid many bodily function such as digestion, detoxification of the liver and can be used as a mild diuretic. The white sap in the stem is used as a wart remover. The flowers and the root can be used to make wine or boiled to make tea to drink hot or cold; if roasted, the root will produce a coffee like taste. The roasted root of this plant can sell for as much as $19.67 per lb.

Suggestion: Harvest the leaves from spring to fall this will prevent them from going to seed and reseeding themselves. Keep a special area in the yard for your dandelion. Pull the roots up in the fall and use them. Nourish your soil; grow beautiful dandelions. Remember this is free food. Last but not least if you are a person who normally uses herbicides to kill weeds, be careful eating dandelions because ingesting herbicides could be harmful to your health. Otherwise, enjoy!