

# Slow cooker safety

Few things are better than coming home at the end of the day to a freshly prepared meal. Slow cookers can help us achieve that dream. While slow cookers might seem to be synonymous with winter, you can use them any time of the year to prepare foods safely. In fact, using a slow cooker during the summer will help keep your home a little cooler as it keeps you from using a hot oven to prepare dinner.

Slow cookers cook food at low temperatures over a long period of time. The pot's heat, its lengthy cooking time, and steam created by the tightly covered lid destroy harmful bacteria, making it safe for food preparation. As with any appliance or food preparation method, safe handling is extremely important when using a slow cooker. Remember these tips when using your slow cooker.

•Always wash your hands before and during food preparation. Make sure your slow cooker, utensils, and work area

## Extension Notes

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Family & Consumer Sciences

Russell County Extension Office

are clean before using the slow cooker.

•Always thaw meat or poultry in the refrigerator before putting it in the slow cooker. Do not start with frozen cuts of meat because they will not reach a safe temperature fast enough and could result in bacteria growth.

•Keep perishable foods refrigerated until preparation time.

•Put vegetables in the slow cooker before meat or poultry because they take longer to cook.

•Only remove the lid to stir your meal or check for doneness.

•Cook foods at the proper settings according to the instructions of your recipe. If you are going to be gone all day, it is safe to cook foods on the low setting for the entire time.

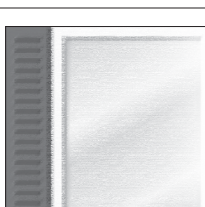
•Do not leave cooked food in the pot to cool down. Eat immediately or place leftovers in shallow containers and refrigerate.

Food will remain safe for consumption in the slow cooker as long as it is working. If a power outage occurs and you are not at home, throw the food away even if it appears done. If you are home and the power goes out, finish cooking the food by some other method that does not require electricity such as a gas stove or outdoor grill.

For more information on food preparation and safety, contact your local county extension office.

Source: Annhall Norris, extension associate for food preservation

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# A Look Back In Time FROM MY WINDOW

MAY 16, 1974

By I. C. TOOWELL

The following tribute to Mothers is like most other performances of ole IC... a few days late.

### WHAT IS A MOTHER?

If there is something one cannot do without, it is Mother. Father loves her daughter, daughter imitates her, son ignores her, salesmen thrive on her, motorists hurry around her, teacher phones her, and the woman next door confides in her.

She can be sweeter than sugar, more sour than a lemon, all smiles, and crying her heart out all within any given two-minute period.

She likes sewing, detective stories, having her birthday remembered, church, a new dress, the cleaning woman, Father's praise, a little lipstick, flowers and plants, canasta, dinner out on Sunday, policemen, one whole day in bed, crossword puzzles, sunny days, tea, and the newspaper boy.

She dislikes doing the dishes, Father's boss,

having her birthday forgotten, the motorist behind her, spring cleaning, Junior's report card, rainy days, the neighbor's dog, stairs, and the man who was supposed to cut the grass.

She can be found standing by, bending over, reaching for, kneeling under, and stretching around, but rarely sitting on.

She has beauty of a spring day, the patience of a saint, the appetite of a small bird, and the memory of a large elephant.

She knows the lowest prices, everybody's birthday, what you should be doing, and all your secret thoughts.

She is always straightening up after, reminding you to, and taking care of, but never asking for.

Yes, a mMother is one thing that nobody can do without. And when you have harassed her, buffeted her about, tried her patience, and worn her out, and it seems that the end of the world is about to descend upon

you, then you can win her back with four little words, "Mom, I love you!"

\*\*\*

Bro. S.B. Rowe is trying to initiate a story on ole IC that is untrue and, to the best of our knowledge, occurred at the Rowe residence. It sees that the clothes dryer at this household quit functioning and the lady of the household requested a new one. After a short while, the man of the house returned and reported that he had purchased a brand new SOLAR COTHES DRYER. Upon investigation, the new dryer was found in the back yard and consisted of two shiny posts and white nylon line strung in between.

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Walt Gorin, Greensburg, reports that on a recent trip to Florida his traveling friend met with a witty beach bum. Gorin tells that his friend, upon approaching the beach dweller, remarked, "Did you give me a funny look?" "You have got one," replied the bum, "but I did not give it to you."



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**DYNAMIC SOFT CLOSE:** At the ending, the auction will auto extend & remain active until no further bids are received within a 3 minute period.  
  
PICK UP: Friday, May 31st, from 3-5 P.M. CDT at above location. Golden Rule - Wilson, absolutely DOES NOT provide shipping.  
**TERMS:** Real Estate: Non-refundable 10% deposit to be made within 48 hours of auction ending. Purchaser to sign a NON-CONTINGENT Contract to Purchase within 48 hours of auction ending. Purchaser to pay in full 30 days from auction date. No contingencies- IF YOU CAN'T CLOSE, DON'T BID. A 10 % buyer's premium will be added to the final bid to determine the final sales price. 2019 property taxes paid by buyer. Property to be transferred with a General Warranty Deed. Personal Property: cash, cashier's check or personal/business check, OR Visa, MasterCard or Discover with processing fee. All property is sold in "AS IS" and "WHERE IS" condition. ALL SALES ARE FINAL! SEE FULL TERMS UPON REGISTRATION.  
**BUYER'S PREMIUM:** 10% Buyer's Premium applies. **SALES TAX:** KY sales tax applies to personal property, but does not apply to the house.  
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