

# Develop good habits from garden to table

As more people pick up a hoe to grow their own produce, food safety becomes a concern.

"Most people can't believe that their own habits could possibly be the source of problems and are not aware what habits can cause risk," said Jeanne Brandt, a family and community health expert with Oregon State University Extension Service. "We only hear about widespread outbreaks of food poisoning from commercial distribution. But what we do in the garden and kitchen can be problematic."

Brandt is not out to panic gardeners. But the risk is real, especially for children, the elderly, the sick and those with compromised immune systems. Reducing the chances of foodborne illness means changing behavior, including better hygiene, keeping animals out of the garden and using well-rotted compost and manures.

Sara Runkel, a food systems coordinator with OSU Extension's Small Farms program, explains that foodborne illnesses come from the digestive tracts of animals and humans. She notes that once pathogens come in contact with produce, they're difficult to kill, which



**KYM POKORNY**  
Your Garden

makes good garden practices all the more important.

Brandt and Runkel offer these recommendations:

Attempt to find out how your garden site was used before you planted. Consider bringing in soil or using raised beds if you think the existing soil has been contaminated.

Use potable water if possible. Runkel points out that municipal water has practically no risk of carrying pathogens. Surface water has the highest risk. Well water — which should be tested once a year — falls in between.

Wash hands and tools between working in the soil and harvesting.

Use separate clippers and gloves for harvesting and working in the soil.

Don't use dirty wheelbarrows, buckets or other containers for harvesting. Keep a clean container just for harvest.

Keep animals out of the garden. Though this may be



<https://flic.kr/p/YdxtDs>

**To reduce the risk of food poisoning, practice good habits in the garden such as using clean containers for harvest.**

a struggle, it's important to eliminate feces. For small wildlife, clear debris from around the edge of the garden where they can hide. If possible, build a fence.

If you make your own compost, the core temperature must be maintained between 131 and 170 degrees for at least 15 days, turning the pile five times, in order to kill pathogens. Bagged or commercial compost has been heat treated and is

considered safe. If kitchen scraps are included in the compost pile, rats, raccoons and other wildlife will arrive for a meal. Barrel composters are good for keeping animals out.

Don't let chickens into the garden. Chicken manure is a great soil amendment, but like compost, must sit for 90 to 120 days before applying.

Clean produce with cool, running water once you've brought it inside.

## MI TOWN

As deadline for this week's *Itemizer-Observer* approached last weekend, everyone was so concerned about the forest fires all over Oregon and in many western states as well. Let's hope the promised rains have happened and those brave women and men working so hard to protect our forests, homes and businesses have been able to get some much-needed rest and relaxation.

Our Western Oregon University Wolves have played football at Idaho State and Central Washington, and this Saturday they will be at Western New Mexico this week, so we haven't had the opportunity to see any games this season. Sept. 23 begins another wonderful home season of football at McArthur Field on the Western Oregon University cam-



**PATTY TAYLOR DUTCHER**  
Columnist

pus, when coach Arne Ferguson and our Wolves will meet the Lumberjacks from Humboldt State University at 1 p.m. We're looking forward to an exciting year of college football right here in MI Town and an opportunity to have a great time. WOU football is fun for the entire family, and an excellent way to support our community and to enjoy small college athletics. There is absolutely nothing better than a burger or a hot dog right off the grill, and a cold drink at a football game on a gorgeous fall afternoon.

We're fortunate to have university and high school athletic programs right in our communities, where everyone can have a good time, selecting from several sports on almost any given afternoon or evening, and cheer for their favorite team without driving for miles and miles, or paying for expensive tickets. Fall sports programs are now in full swing and schedules are available on school web sites.

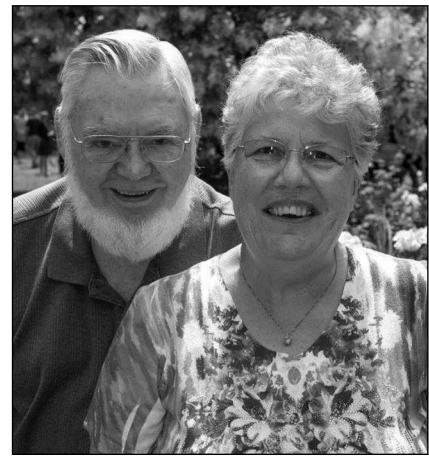
Monday marked the 16th anniversary of the tragic events of Sept. 11, 2001, when thousands of people were killed or seriously injured when several terrorists hijacked airplanes, then crashed into the World Trade Center in New York City, the Pentagon in Arlington, Va., and near a rural Pennsylvania farming community.

Many people of a certain age recall President Kennedy's assassination (Nov. 22, 1963) and the bombing of Pearl Harbor (Dec. 7, 1941), and remember exactly where they were and what they were doing when they heard the terrible news. Let us never forget Sept. 11, and honor all who gave their lives as well as those brave men and women who are fighting for freedom half a world away.

If your backyard garden is worn and weary and has nearly succumbed to this summer's heat wave, all is not lost. The Independence Riverview Farmer's Market is now open on Tuesday afternoons from 2 to 7 p.m., as well as Saturdays from 9 a.m. until 2 p.m. Many vendors have a variety of good things for sale.

## ANNIVERSARY

**Burns — 50th**



Bob and Georgeann Burns will celebrate their 50th wedding anniversary on Sept. 16, 2017.

A celebration will be held on Sunday from 1 to 4 p.m. at the couple's home.

Bob and Georgeann married in Shell Beach, Calif. in 1976. They lived

in Pennsylvania and California before moving to Dallas in 1981.

Bob spent many years as a cable television technician and now works at Walmart building bicycles and furniture.

He also plays Santa Claus at Christmas, sporting his own snowy, white beard. Georgeann has worked at Grandma's Attic Sewing Emporium since it opened. She spends the majority of her free time with her grandchildren.

Their family includes daughter and son-in-law, Kin and Lonnie Thurston, of Salem, and son and daughter-in-law, Brian and Amber Burns, of Perrydale. The couple also has 10 grandchildren and three great-grandchildren.

## COMMUNITY CALENDAR

Continued from page 8A

**TUESDAY, SEPT. 19**

• **Dallas Wingdingers RC Flying Club** — 7 p.m., Whitworth Elementary School library, 1151 SE Miller Ave., Dallas. 503-623-7288.

• **Polk County Coin Club** — 7 p.m., Monmouth Senior Center, 180 Warren St. S., Monmouth. 503-362-9123.

• **Overeaters Anonymous** — Noon to 1 p.m., Salem Health West Valley, 525 SE Washington St., Dallas. Support group meets in the quiet room/chapel immediately inside the emergency entrance on Clay Street. Dee Ann White, 971-718-6444.

• **Independence Riverview Market** — 2 to 7 p.m., Riverview Park and Amphitheater, 50 C St., Independence. 503-910-8193.

**WEDNESDAY, SEPT. 20**

• **Willamette Valley Food Assistance Program Food Bank** — 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.

• **Day-2-Day Diabetes Support Group** — 3 to 4 p.m., Salem Health West Valley (main conference room inside main entrance), 525 SE Washington St., Dallas. 503-623-7323.

• **Pickleball** — 9 a.m. to noon, Roger Jordan Community Park. Meets on Mondays, Wednesdays and Fridays from 9 a.m. to noon. Karen Freeman, 503-871-4172.

**INDEPENDENCE CINEMA 8**  
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Matinees are all shows before 6pm. New pricing for matinees are: Adult \$8.00 Children \$7.00 • Senior \$7.25  
Pricing does not reflect 3D showings.

Friday - Saturday • September 15 - 16			
HITMAN'S BODYGUARD (Digital) (R)	(1:40 4:15)	6:55	9:35
HOME AGAIN (Digital) (PG13)	(12:05 2:30 4:55)	7:20	9:45
MOTHER! (Digital) (R)	(1:35 4:20)	7:05	9:50
IT (Digital) (R)	(1:00 4:00)	6:30	7:00
IT (Digital) (R)		9:30	10:00
LEAP (Digital) (PG)	(11:45 2:00 4:15)		
WIND RIVER (Digital) (R)	(1:45 4:15)	6:50	9:20
ALL SAINTS (Digital) (PG)	(1:10)	6:45	
WONDER WOMAN (Digital) (PG13)	(3:45)	9:20	
AMERICAN ASSASSIN (Digital) (R)	(1:50 4:30)	7:10	9:45
Sunday • September 17			
HITMAN'S BODYGUARD (Digital) (R)	(1:40 4:15)	6:55	
HOME AGAIN (Digital) (PG13)	(12:05 2:30 4:55)	7:20	
MOTHER! (Digital) (R)	(1:35 4:20)	7:05	
IT (Digital) (R)	(1:00 4:00)	6:30	7:00
LEAP (Digital) (PG)	(11:45 2:00 4:15)		
WIND RIVER (Digital) (R)	(1:45 4:15)	6:50	
ALL SAINTS (Digital) (PG)	(1:10)	6:45	
WONDER WOMAN (Digital) (PG13)	(3:45)	9:20	
AMERICAN ASSASSIN (Digital) (R)	(1:50 4:30)	7:10	
Monday - Thursday • September 18 - 21			
HITMAN'S BODYGUARD (Digital) (R)	(1:40 4:15)	6:55	
HOME AGAIN (Digital) (PG13)	(12:05 2:30 4:55)	7:20	
MOTHER! (Digital) (R)	(1:35 4:20)	7:05	
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AMERICAN ASSASSIN (Digital) (R)	(1:50 4:30)	7:10	

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Community Christmas Choir  
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December 14-17 at 7:00 pm

A community choir has begun practicing fresh arrangements of traditional Christmas Carols for four free concerts in December. These holiday sounds will be accompanied by a spectacular light show and dramatic presentations.

Join us for rehearsals on Wednesday from 6:30 pm to 7:30 pm at Valley Life Center (1795 SE Miller Avenue, Dallas).

Let's come together for this celebration of the Christmas season!  
(Music provided and childcare available)

For questions or more information:  
**chris@valleylifecenter.com or 503-623-4116**

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