

Cleaning your cutting board

Cleanliness in the kitchen is a concern for many homemakers — especially kitchen counter tops and cutting boards. So families are wanting to know if it is wiser to use a sanitizer to clean counter tops and cutting boards, or does hot water and soap do the job?

Although a soap and hot water combination cleans reasonably well, it may not eliminate all bacteria. Using some type of sanitizer is recommended. That way, you're making sure that surfaces that look clean actually are clean.

Bleach or commercial cleaners designed for kitchens are the best sanitizers, as long as they're used properly, according to the Food and Drug Administration's Center for Food Safety and Nutrition. For example if you use bleach or sanitizer that comes as a concentrate, be sure to follow product directions when you dilute it. Check the label. For bleach, a teaspoon per quart of water should do the trick.

Cutting boards are especially important to keep clean. Here are some recommendations:

The easiest types of cutting boards to keep clean are smooth cutting boards free of cracks or crevices made of hard maple, plastic or other non-porous material. Avoid cutting boards made of soft, porous materials.



Home Time

By Tranda Watts
Multi-county Extension Agent

When you wash cutting boards, use hot water, soap, and a scrub brush to remove food particles. Then sanitize the board with a commercial sanitizer or bleach solution, or by washing the cutting board in the dishwasher.

Always, always, always wash and sanitize cutting boards after using them for raw foods that you plan to cook — especially raw meat or fish — and before using them for ready-to-eat foods. You might consider keeping two cutting boards on your counter — one only for foods that will be cooked and the other for ready-to-eat foods, such as bread, cooked meats, and fresh fruit and vegetables.

After a study of 10 commercial sanitizers, researchers found that all of the products were effective when used according to manufacturer's directions. Those that required a longer surface time (some as long as 10 minutes) weren't necessarily bet-

ter at killing the bacteria than those that required less exposure time.

Another finding was that *Listeria monocytogenes* can survive on cutting board surfaces that were not sanitized for up to six days. If left on a surface too long, this particular bacterium can form a biofilm that makes it harder to kill. Ideally, surfaces such as cutting boards should be sanitized immediately after being used.

If you have food safety questions, please feel free to contact your local K-State Research and Extension Office or e-mail twatts@ksu.edu.

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Midway News

By Mary Lou Olson

Wesley and Eulaine Benda will celebrate their 65th wedding anniversary with a 1 to 3 p.m. reception on Saturday, June 6, at The Land-Mark Inn, 189 S. Penn, Oberlin. Family and friends are invited to attend.

Wesley Benda and the former Eulaine Erikson were married June 12, 1944, at the Herndon Covenant Church, rural Herndon. They farmed in Rawlins County for many years before retiring to Oberlin.

The couple is being honored by their children, Connie Smith and husband Bob, Chippewa Falls, Wis.; Leanne Pike and husband Losson, Ashland; Gerald Benda and wife Patti, Ludell; Shirley Maresch and husband, Daryl, Nekoma; Beverly Messerly and husband Mitch, Sublette; Barbara Olson and husband Mark, Oberlin; 14 grandchildren and seven great-grandchildren.

The annual Sunday School picnic of the Herndon Covenant Church

will begin at 10 a.m. Sunday at the park at Lake Atwood. Bring potluck dishes, table service, lawn chairs and sports equipment. On Sunday, June 14, the congregation will meet at 10 a.m. for services at Cedar Living Center in Oberlin.

Gert Myers of Mansfield, Ohio, is visiting her brother, Elden and Detta Anderson, and other relatives and friends. Additional invited guests at the Anderson home for a cookout Sunday evening were Steve and Arian Arnold, Clay and Jennie Anderson and Cowen, Vince and Gayle Carlson, Jason Anderson, Norma Anderson, and Richard and Maureen Anderson, Samantha, Chris and Gabe.

Bob and Connie Smith of Chippewa Falls, Wis., brought her father, Wesley Benda, home from Kearney, Neb., on Saturday after he was hospitalized at Good Samaritan Hospital for a week.

Norma Anderson and daughter, Carol Fink of Wamego, have returned home after visiting Mrs. Fink's son, Austin Fink, and Elic South, a college friend of Mrs. Anderson's, in Pennsylvania.

Annette Frenzl of Salina, has spent the past week with her parents, Bob and Sally Olson.

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