



Serving Up Food Safety



Fall 2023

Food Safety Education Program
Texas A&M AgriLife Extension
Service

TEXAS A&M
AGRILIFE
EXTENSION

2253 TAMU 118 Cater-Mattil
College Station, TX 77843
979-458-2025
FPM@ag.tamu.edu

Happy Fall Yall!

Fall can be a fun and delicious time for baking desserts and other yummy treats! Let's keep your family and friends safe when serving and sharing your wonderful goodies!

*Did you know **raw flour, batter, dough, and baking mixes are not ready-to-eat food?***

Raw flour and eggs need to be thoroughly baked or cooked before eating, most flour has not been treated to destroy illness causing bacteria. Heat-treated flour can be purchased but keep in mind it can alter or destroy the properties in flour that allow for rising in bread and other baked products. It is not recommended to heat treat flour at home with an oven or microwave, as there is no evidence that this will kill pathogens. *Salmonella* is more heat resistant when moisture is low.

Refrigerate cream frostings or egg-rich, cream, custard, cheese, vegetable, or meat-filled baked goods within 2 hours of baking. This can include pumpkin pies, cheesecakes, flan, or bread pudding just to name a few sweet and delicious treats.

It is recommended that caramel apples be eaten fresh or refrigerated (within 2 hours), once the apple has been punctured with a stick. There is the possibility of a harmful bacteria called *Listeria monocytogenes* that may multiply on the apple after puncturing.

Autumn fall flavors: pumpkin, apple, cinnamon, maple, and other warm spices.

Enjoy making your favorite fall desserts with cinnamon spice and everything "food safety" nice!



Image: <https://www.homebaking.org/baking-food-safety/>



Article by: Julie Prouse

Sources and more information:

homebaking.org
foodsafety.gov
<https://namamillers.org/>
<https://www.fda.gov/consumers/consumer-updates/raw-doughs-raw-deal-and-could-make-you-sick>

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To find the next Certified Food Manager or Food Handler class in your area, go to our website:

<http://foodsafety.tamu.edu>

or

Facebook or Instagram

www.facebook.com/foodsafetytxextension or

[@food_safety_education](https://www.instagram.com/food_safety_education)

Wild Game

Did you know wild game meat is a local, natural food source that is nutritious, delicious and possibly a less expensive alternative to meat products sold in the grocery store? Wild game has been enjoyed for generations in Texas. Harvesting wild game, wild birds, and fish not only benefits humans for food consumption but the game species themselves by reducing populations to healthy, sustainable levels.

However, safe handling and processing in the field, and proper storage, is critical to preventing spoilage and foodborne illness. Properly handled, prepared, and packaged game meat, birds, or fish stored in a freezer at 0°F (-18°C) should be consumed within 8-12 months for best quality. Freezing prevents bacterial growth, but it does not kill pathogens that may be present on wild game meat. Deer are known to carry *E. Coli* and game birds could carry *Salmonella*. If storing in the refrigerator at 40°F or below, consume or freeze meats within 2-3 days.

USDA recommends cooking venison, rabbit, and wild hog products to 160°F and game birds to 165°F. Game meats can be cooked in a variety of ways, depending on the cut of meat or age of the animal. They can be roasted, braised, stewed, pan fried, and of course marinated to tenderize or enhance the flavor.

Wild Game	Calories	Protein (grams)	Fat (grams)
Turkey	163	25.7	1.1
Duck (Mallard)	152	23.1	2.0
White-tailed deer	149	23.6	1.4
Dove	145	22.9	1.8

*Adapted from North Dakota State University Wild Side of the Menu No. 1 Care and Cookery



Turkey

Venison

Fish

Texas Hunting Season

Dove (Regular) - Sept. 1 or 14th (depending on Zone)

White-tailed Deer - Archery (252 counties) - Sept. 30; General begins Nov. 4

Rio Grande Turkey - Archery-only - begins Sept. 30; Regular begins Nov. 4

Duck (Regular) - Regular - varies on Zone

For more dates: <https://tpwd.texas.gov/huntwild/hunt/>

Article by: Julie Prouse

Sources and more information:

From Field to Plate: Benefits of Locally Harvested Wild Game in Texas and How to Keep it Safe - TX A&M

AgriLife Ext. - EFN-056 publication

<https://tpwd.texas.gov/education/hunter-education/online-course/hunting-skills-1/field-care>

<https://extension.psu.edu/game-meat-safety>

