

## Food Safety Resources from ISU Extension & Outreach

[www.extension.iastate.edu/foodsafety/](http://www.extension.iastate.edu/foodsafety/)

Iowa State University Extension & Outreach believes that resources are needed for consumers, foodservice operators, students and educators to access research-based, unbiased information on food safety and quality. The goal of the Food Safety Project is to develop educational materials that give the public the tools they need to minimize their risk of foodborne illness.



Find ISU publications like...

["On-farm Food Safety: Guide to Good Agricultural Practices \(GAPs\)"](#)

["On-Farm Food Safety: Food Handling Guide"](#)

["On-Farm Food Safety: Cleaning and Sanitizing Guide"](#)

...and more!

PLUS Download the NEW ISU SafeFood® App!  
Use SafeFood® to quickly find the right cooking temperature for safe eating.



IOWA STATE UNIVERSITY  
Extension and Outreach  
Plymouth County  
251 12th St. S.E.  
Le Mars, IA 51031



# FOOD SAFETY WORKSHOP



**Seeds, Weeds, & Post-Harvest Handling**

Friday, February 17, 2012  
Plymouth County Extension, Le Mars, IA

Session I:

9:30 a.m.—12:00 p.m.  
"Organic Seeds & Weeds"

Session II:

1:00—4:30 p.m.  
"Keep the Quality: Post-Harvest  
Handling for the Market Farm"

Funding for this workshop provided by:



& a Department of  
Labor Community  
Based Job Training  
Partner Grant

Community College Security Institute



## Food Safety Workshop Registration

Registration deadline is February 10, 2012

### Registration Fee:

- \$5 "Organic Seeds & Weeds"
- \$10 "Keep the Quality: Post-Harvest Handling for the Market Farm"
- \$15 BOTH

Check the sessions you will attend:

- "Organic Seeds & Weeds"
- "Keep the Quality: Post-Harvest Handling for the Market Farm"
- BOTH

Total amount enclosed: \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Make checks payable to:  
Plymouth County Extension

Return this form along with the fee to:  
**Plymouth County Extension**  
**251 12th St. S.E.**  
**Le Mars, IA 51031**

Phone: 712-546-7835  
Fax: 712-546-7837  
E-mail: [xPlymouth@iastate.edu](mailto:xPlymouth@iastate.edu)

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**Food Safety Workshop — Friday, February 17, 2012**  
**Plymouth County Extension Office**  
**251 12th St. S.E., Le Mars, IA**  
**Phone: 712-546-7835 / Fax: 712-546-7837**

What to grow, how to grow it, and how to *not* grow weeds. The success of your farm counts on it!  
**FOOD SAFETY** is also an essential part of high quality farm-fresh fruits and vegetables. Safe practices produce better products!

Back by popular demand, Atina Diffley of [OrganicFarming.Works.LLC](http://OrganicFarming.Works.LLC) will cover all of this and more. Attend one or both sessions listed below:

### 9:30 a.m. - 12:00 p.m. "Organic Seeds & Weeds"

This session will answer your question, "What should I plant?" Clues from your soil, market, equipment, land, and climate will help. After you plant it, you'll want to learn how to keep those pesky weeds out!  
**Cost: \$5.00**

### 1:00 - 4:30 p.m. "Keep the Quality: Post-Harvest Handling for the Market Farm"

What you do in the pack shed often makes the critical difference between vegetables that sit around and vegetables that sell and hold their quality long after they have left the farmer's hands. Come learn the tools, techniques, and philosophies that guide a quality packing operation.

Diffley will guide you through the entire process, providing safe, practical solutions for: respiration, cooling, maintaining the cold chain, cleaning, sorting, pack area, packaging, storage, marketing wholesale/retail, and delivery.

**Cost: \$10.00** includes the Cornell University Good Agricultural Practices (GAPS) book "[Food Safety Begins on the Farm: A Grower Self-Assessment of Food Safety Risks](http://FoodSafety.Begins.on.the.Farm: A Grower.Self-Assessment.of.Food.Safety.Risks)"



Atina Diffley of [OrganicFarming.Works.LLC](http://OrganicFarming.Works.LLC) is an organic vegetable farmer and educator. She is the author of the memoir, *Turn Here Sweet Corn: Organic Farming Works* published by the University of Minnesota Press and a contributing author to the [FamilyFarmed.Org](http://FamilyFarmed.Org) training manual, *Wholesale Success: A Farmers Guide to Selling, Post-Harvest Handling and Packing Produce*. You can subscribe to her online blog, "What is A Farm? A Synthesis Of The Land, People, and Business" at [atnadiffley.com](http://atnadiffley.com).

This program is supported by Western Iowa Tech Community College, The Security Institute and a Department of Labor Community Based Job Training Partner Grant. For more information contact [ISUEO Regional Food Coordinator, Laura Kuennen, at \[kuennen@iastate.edu\]\(mailto:kuennen@iastate.edu\)](mailto:ISUEO.Regional.Food.Coordinator.Laura.Kuennen@iastate.edu) or go to: [www.flavorsofnorthwestiowa.org](http://www.flavorsofnorthwestiowa.org)