



Wandering & Wondering

John Maybury

DON'T WASTE FOOD

You may be wasting perfectly good food out of fear and ignorance. Food waste is the third-largest emitter of greenhouse-gas methane. A fourth of the fresh water used in the U.S. and 300 million barrels of oil are needed to grow food that ends up in landfill. And so-called expiration dates are not always reliable. These seven products are almost always safe to eat past the printed expiration date: (1) Eggs can last for weeks after expiration. When in doubt, fill a glass with room temperature water and carefully drop in an egg. If it floats, it's spoiled. Alternative: Less-than-fresh eggs will sink in water, but tilt slightly upward. Use them for baking. (2) Stale bread is still edible, but don't eat moldy bread—it can be harmful. Alternative: Make croutons or French toast. (3) Bagged salads and greens are good as long as they aren't slimy or rotting. Alternative: Revive wilted greens in ice water or blend them into a smoothie. (4) Canned food is meant to last forever. Alternative: Donate it to a food bank. Most food banks accept expired canned food. Exception: Do not eat from dented or bulging cans. Damage to metal cans can break the seal and let in bacteria and air, forming deadly botulism. (5) Freeze meat and fish before the expiration date and they will stay fresh for months, but when you defrost them, cook and eat within a day. Exception: Deli meats are one of the main carriers of the deadly listeria bacteria. (6) Milk and yogurt can last up to a week after expiration. Use your nose—it's not hard to detect spoiled milk. (7) Honey and olive oil never spoil for years after their expiration dates. Crystallized honey can be warmed and cleared up. Keep olive oil at room temperature. Refrigeration makes it cloudy. But if it

ever smells or tastes bad, toss it. The EPA recommends designating part of your refrigerator for food about to expire so you remember to use it up first. Check the shelf life of thousands of foods at StillTasty.com. Bottom line: When in doubt, throw it out. (Source: Sierra Magazine)

RADIO SHACK

Better Business Burro reports that, as the parent company enters bankruptcy and closes many of its outlets, Linda Mar Radio Shack may be spared by teaming up with Sprint to keep the store open. I am still waiting for confirmation on this. As to the old KFC/Boston Bill's location on Highway 1 in Rockaway Beach, Maureen Torres posts on Pacifica Riptide: "Per nextdoor.com, the new operator is opening a Prime Dip franchise -- specializing in Prime Rib Sandwiches and Lobster Rolls. 3 locations in S.F."

BARKING-DOG LAWSUIT

Neighbors of a Seattle woman with a very loud barking dog (tested at 128 decibels) sued her for "emotional distress" and other damages, and because she ignored the lawsuit summons, the neighbors won a \$500,000 judgment that may cost the woman her house. (Source: KOMO-TV, Seattle ABC affiliate)

SWAMI SEZ

"May God protect me from my friends. I can protect myself from my enemies." (Voltaire)

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