Tracey Peak ([00:00](https://www.rev.com/transcript-editor/Edit?token=frnKcNOECx0uKWS0Hye-rbK04qPFJ1JtzOZhH0isB4cfu_rCn-efO_iRhYMJQCPs7ZIx6O5lg46sJqRtuoUdTUq3Q2U&loadFrom=DocumentDeeplink&ts=0.48)):

Hello and welcome to NC State's Audio Abstract. I'm your host, Tracy Peak. It's time for two-storied holiday foods, fruitcake and eggnog, to make their appearance. Both of these items have a long tradition, which means there's also been a lot of time for tall tales to develop. We're speaking today with Ellen Shoemaker, Director of Extension and Outreach for Safe Plates at NC State University, who is here to help us separate fact from fiction when it comes to fruitcake and eggnog. Welcome, Ellen.

Ellen Shoemaker ([00:33](https://www.rev.com/transcript-editor/Edit?token=8w46iBoQILloV2ZQLcnEj3ByjxovRXor4VYCy_OJrlMMKJtaekK37eIHnKu3Furz5FbRF-yCZpgbsIz-deEinXZO6K8&loadFrom=DocumentDeeplink&ts=33.18)):

Thanks.

Tracey Peak ([00:34](https://www.rev.com/transcript-editor/Edit?token=ygTJ3lCZSCjf4far7hqA_d8hykelciuB4yxFVIeMt6_xOiJNxi0UJclc6Ue3mgVlJs2FNWCq3ZYj4nHOIVPdT1vRWFI&loadFrom=DocumentDeeplink&ts=34.41)):

So, let's get the ball rolling with fruitcake. What is so special about the way fruitcake is made that people joke that it will last literally forever?

Ellen Shoemaker ([00:44](https://www.rev.com/transcript-editor/Edit?token=hI5orD6NTDhjZK_F-EraTXTaFNTWbWDu-XNSiX4RdHLEaWh8SUhpV3zS9Dfn84_HzZf4GJb9toiBs-nM48TJBBXRyv0&loadFrom=DocumentDeeplink&ts=44.28)):

So it depends on the type of fruitcake and we'll talk about the different options that you might see, but the joke is based on some reality. So with traditional fruitcakes, if you think about there are a lot of dried nuts, dried fruits, candied fruits, and all of those types of food, those ingredients have something in common that they have a very low water activity, and so that really refers to the amount of moisture that's available in a food product. And bacteria, and other things that might make us sick, they really require that moisture to survive and thrive, and so when you take that moisture away from them, they're not really able to grow or do much. And so we think about fruitcake with that lower water activity, you're really going to just be limited more by the quality eventually. You might eventually see some mold or yeast growth, but that's about it.

([01:37](https://www.rev.com/transcript-editor/Edit?token=V-tUIv3foCN2PZ7z4P-4905jgHgJBj1xOVBx9j8oai3kzLCcA4t5yrqvwvCwEsGEgaYIBgh7XW5yxjaQkX9MObO7Axo&loadFrom=DocumentDeeplink&ts=97.29)):

So if you're keeping your fruitcake for a long period of time, it might be something more just gross if you start to see some mold appear. But besides that, that's kind of what it's based on. There have been, as recipes and what people like to cook for the holidays evolve, some of the newer types of fruitcake that have actual fresh fruit in them. Those are going to have more moisture, and so you would need to be a little bit more careful about that. Keep it in the refrigerator, eat it within several days rather than however long you want to keep your other fruit cake.

Tracey Peak ([02:09](https://www.rev.com/transcript-editor/Edit?token=CbQtL8NUDg312IQ_fVMug9P_qCFWeFOBVEmnkw4DQ7ui4d1652a83KAh94TFaUBysor53-MgX8JvsGXz2w8yzyS5V8A&loadFrom=DocumentDeeplink&ts=129.6)):

Months, years, forever. I'm always thinking of the ones that come in those little tins that there didn't seem to be anything real about any of it, and yet people would eat it and the cake itself was so dense. Is the recipe for that cake also like a lower moisture kind of cake?

Ellen Shoemaker ([02:29](https://www.rev.com/transcript-editor/Edit?token=OHDAgFyZEibWsu_5VNA0S-diA68fBqJBxShz2x6ORFd1YXunWzU3cI8tBu3dfb7Rbh1D9pwIQhyubIrUq5PxFHUMjv0&loadFrom=DocumentDeeplink&ts=149.07)):

Yeah, I think so. Because again, it depends on the recipe, but all of those ingredients that you're all adding will also kind of add work to dry out the cake.

Tracey Peak ([02:40](https://www.rev.com/transcript-editor/Edit?token=kGOCti0g0CPuqx69yH9uNuTjMb1g6PJeX_KaRqWTNrd8q8aRHrfoLcckLRynzO2JLVKLIzDk-56QlheVfpdKDNnsg5E&loadFrom=DocumentDeeplink&ts=160.95)):

Well, we've just described something that sounds completely not appetizing at all to me. We're just going to have a dried out cake with dry things in it.

Ellen Shoemaker ([02:40](https://www.rev.com/transcript-editor/Edit?token=8F0Rrq_Cuyxu5LnaTKib-0cI5QKTjDcY9b7jQr-2V24XkR-nQuNlLO9uY-TVNULzlo5Whis_Ub6IHy8FKySYPhBLn5g&loadFrom=DocumentDeeplink&ts=160.95)):

Exactly.

Tracey Peak ([02:48](https://www.rev.com/transcript-editor/Edit?token=byjJHfLlcAI9fJEAap8v1diVpjAGu4-DAyRqE0694AnHLC-TeiK1HpozU8sAlpHaLxccuZW7Hm5zLqW9u7_hvKGs7AI&loadFrom=DocumentDeeplink&ts=168.96)):

And it will last forever and then it will mold. Awesome. What is the sort of outside timeframe for consuming a traditional quote, unquote fruitcake with all the candied things and dried fruits and stuff?

Ellen Shoemaker ([03:04](https://www.rev.com/transcript-editor/Edit?token=MA8QuHAQLQMH3pKmqjtuw6ybRt6_ftk_q6bheOXlBa-w_U2FtJBII1yi39r3GMP2-5oXKff9DKGiNMTew5hGLLHRasg&loadFrom=DocumentDeeplink&ts=184.62)):

Yeah, I mean, there really isn't much of a shelf life in terms of safety. I mean, you're going to see that if you have all those dried things in there that, I mean, it's going to be pretty much shelf stable for as long as you want to have it around until you start to see maybe that mold or yeast appear. And at that point, it's probably not going to taste very good, I think, and you initially used the word edible, so I think that's what we want to use the operative phrase here.

Tracey Peak ([03:29](https://www.rev.com/transcript-editor/Edit?token=IiDtQfAvjwn0wfb-wyM34ixrqu3N3B4IkG5GetbQTjLTVT1Be_yiF9eTwhE7WJDsUjwr0gT9ZwCIurQApqulM13dayI&loadFrom=DocumentDeeplink&ts=209.55)):

Yeah.

Ellen Shoemaker ([03:29](https://www.rev.com/transcript-editor/Edit?token=FxpfLwJ7nbYxDcTWh0Dyip2wVtuFZHgZTVfwRTg7OtCni6K0_lpjuxFi8YjqNcPiVpKftktwB2qiSw2LcopeeE_dGS4&loadFrom=DocumentDeeplink&ts=209.88)):

And safely edible.

Tracey Peak ([03:32](https://www.rev.com/transcript-editor/Edit?token=k1Na38m1KvEXy0szHENnuIUIC6Uujslga-RVCj-QCDsPanyRrVgc5meZvkeRlsQZxohEM3j6o9SQHoQNT0cTEimzbwE&loadFrom=DocumentDeeplink&ts=212.1)):

We don't want to get sick. But I'd heard that some people would quote, unquote preserve the fruit fruitcake by pouring liquor on it. Rum maybe would be the spirit of choice. Does that work?

Ellen Shoemaker ([03:47](https://www.rev.com/transcript-editor/Edit?token=4jNJfPhGSTaNHwn9nRbsxTzB1sZv_JMJTJBSLPU0Tj1jOpkVGYBuUfYvV1Syblg1xs4aR-etusxrm6DcCRQ873al4zM&loadFrom=DocumentDeeplink&ts=227.37)):

So yeah, I was looking into this, because full disclosure, I am not a fruit cake consumer.

Tracey Peak ([03:54](https://www.rev.com/transcript-editor/Edit?token=jZx560tbWm9tKjoBRr-6Ss7n0LhNEkPXoRZeu58JIvi3P-6aOhOnAC4QqIkOWX3GuyutZea1RmLHlpzS9Qs_0mQiGd0&loadFrom=DocumentDeeplink&ts=234.72)):

This is the tall tale portion of the podcast.

Ellen Shoemaker ([03:57](https://www.rev.com/transcript-editor/Edit?token=hlgOH22lRew5IgJE6TP9WSM6K3uG3Zn-ohRBt-Y7p2L9gknLcFCdfuY_omIJnQhDlGh613b0Ak-6n9nueqvr_AyiOiA&loadFrom=DocumentDeeplink&ts=237.69)):

And so I think people do that actually in some ways. I saw it referred to in one article as feeding the cake, which I thought was an interesting term, but it can actually, adding the alcohol can actually add a bit of moisture, which I think kind of counteracts what we were just talking about with how it might be just be a drier cake. I think it can help act to preserve a bit in terms of mold and yeast, but I think that's a little bit more anecdotal. I don't know that there's a lot of evidence, but I mean also I think it probably just helps impact the flavor a bit too, to get that kind of nice cover up.

Tracey Peak ([04:30](https://www.rev.com/transcript-editor/Edit?token=sBLa8jcDG6n2_hSPI8qW0EWLVemZursPm7uk33dMjMzvGMUWPkIW75dDJTg6XU52X6YPGxpIWkDuu6WXORmdtHeFXd4&loadFrom=DocumentDeeplink&ts=270.69)):

Right, cover up cover of the staleness.

Ellen Shoemaker ([04:33](https://www.rev.com/transcript-editor/Edit?token=iP6Y_77Pqam9yeDYXWJ-ARWEiecnU_nwDw6KVB02rf-aRBPKHFv5SNdBJzQvnGy9Ef3Q-8zWRnfv6RtV6zm3KAPc8Bg&loadFrom=DocumentDeeplink&ts=273.96)):

Exactly.

Tracey Peak ([04:34](https://www.rev.com/transcript-editor/Edit?token=afuXX4dZLKP89Spwhpxd7w9QHtJ3_fizA01syzcR-npm3jLXCmuckCjt19Phg5jD1FMKSVj36d7sifh05Dw6yk5_ODQ&loadFrom=DocumentDeeplink&ts=274.77)):

Maybe if it's set there long enough, you don't care if you eat enough of the cake.

Ellen Shoemaker ([04:38](https://www.rev.com/transcript-editor/Edit?token=1fofUSKgNPRWiWYEqfOBR17aL_gTR1S5Lm80411f1xX1IYXu_mDE_pLB7JMZJ4pdFW61aj_GbViQBmE8hAp7gUt_4O4&loadFrom=DocumentDeeplink&ts=278.19)):

Right.

Tracey Peak ([04:38](https://www.rev.com/transcript-editor/Edit?token=WMolEkB5q-86Wg7KZYHDCeFuXRKV1dZxfmGlfmskvgXtzE17hWfLLYs4wgttTl6TsAn2e5-5lwLcC5h3YVfbWka7RsE&loadFrom=DocumentDeeplink&ts=278.4)):

What it tastes like. Okay. Yeah, because that was my question. If a moisture less or a less moist environment is the key to it being shelf stable, then adding moisture seems to be counterintuitive. But maybe the alcohol had an effect?

Ellen Shoemaker ([04:55](https://www.rev.com/transcript-editor/Edit?token=Sv0pW07uIgOaBwhjYuYQ9J-iGVpg0WLYK_TsMQZ74woA_PQqb7ZqFRYlB_n1gZIA2NpgSy2QJV-vfp3owxoykXq-t6A&loadFrom=DocumentDeeplink&ts=295.95)):

A bit. I mean, I think at this point alcohol is probably acting more as a flavor agent, maybe just kind of helping a bit with moisture. But I think it ultimately comes down to that water activity being pretty low still.

Tracey Peak ([05:11](https://www.rev.com/transcript-editor/Edit?token=uZIrCITeMQIgQX06m0q_ZHSULXsA1uxP0ej1cdy4Rp8tTvq5GAZFIxyBzptOZDCKtGBBqwJX_PLETHIT2suTIKFqK2k&loadFrom=DocumentDeeplink&ts=311.91)):

And speaking of liquor, let's move on to eggnog.

Ellen Shoemaker ([05:15](https://www.rev.com/transcript-editor/Edit?token=a-IkKKj12zEStm7UR_werDvOP-3VxfFHl9BbQTQcxxhH6VYCQCyIC1_RVaSAFCOiD469vkrEc0pfJpVcAD9weMZjFCI&loadFrom=DocumentDeeplink&ts=315.87)):

Absolutely.

Tracey Peak ([05:16](https://www.rev.com/transcript-editor/Edit?token=yDhEXN-mq2DDW9S97YU0IFFyssJRXk_RRlrsmJkjJC07UeYlw8BqlxM_wZ0PVX8c2LfYICD6x_87VHhEiDHk-wpJoLU&loadFrom=DocumentDeeplink&ts=316.14)):

That's always a good thing.

Ellen Shoemaker ([05:17](https://www.rev.com/transcript-editor/Edit?token=UWdi396qP6TZWIt95Z4K8PWoWBNnm82LFF7hsszwtTTF5DkYp1qMflkuLcAPyMCAqCj-tgPJYVehEDKPL1pDUOWGgvA&loadFrom=DocumentDeeplink&ts=317.16)):

Yes.

Tracey Peak ([05:18](https://www.rev.com/transcript-editor/Edit?token=FjbVcVAghSnPrlhA8_ToB43h-iq9mgJUdCq4hkWZwPNsvNjYPKOdgxiRs74IqggeXz7W-W__91EW4lm4s6KBMVAyAjU&loadFrom=DocumentDeeplink&ts=318.51)):

So I admit I am a novice in the ways of the eggnog. So can we talk a little bit about how eggnog is made? What is it?

Ellen Shoemaker ([05:28](https://www.rev.com/transcript-editor/Edit?token=QivitJ3PgJ-fAxW0ZcpVhXBAZxK_Q_5gYoNOPrmLSC5fkl50X9GI5nWLKkpusFQeBB-QtcpvPyIdnZkgCYTHxoiZaac&loadFrom=DocumentDeeplink&ts=328.32)):

Yeah, so I mean, depending of course on the recipe, whether you're buying it at the store or not, but it typically comes down to be a mixture of milk, heavy cream, egg sugar, nutmeg, and maybe an additional ingredient or two, depending on if you have an old family recipe you're using or depending on the variation. So that's what we're looking at with a traditional eggnog recipe.

Tracey Peak ([05:51](https://www.rev.com/transcript-editor/Edit?token=KTnfGvCcuMK_YovWUpzG-z9DOMIqIP--_W0W1mhzXzz7Ve-cpoM845r5mM6Xpo9pJ3VoR7380bBi7gQMWlc-ns7XlOc&loadFrom=DocumentDeeplink&ts=351.03)):

It's almost like a cake, but without the dry ingredients.

Ellen Shoemaker ([05:53](https://www.rev.com/transcript-editor/Edit?token=-P3fDvXC1xG7ZTBgn4KuQLoiA0-71rtDDVgPDXhWLN092lL1cqoKDQBByb-4pr7W5HGtW9X_oPG6Q4b9crXfghsWPVU&loadFrom=DocumentDeeplink&ts=353.16)):

Yes that's a good way of putting it.

Tracey Peak ([05:55](https://www.rev.com/transcript-editor/Edit?token=zmlX2-BU4AkIUbslkSd_O4eP1bxwPd914cWmboMDpzlk8trsf9q7yol_Swu5Q2WRDoOz7FRSukmpbDPb4XPGpCcPMUo&loadFrom=DocumentDeeplink&ts=355.26)):

You're drinking a cake.

Ellen Shoemaker ([05:56](https://www.rev.com/transcript-editor/Edit?token=bk2VErff9m_Hn86uPj_07U9ExcyAUvTQt6krA33CfyQ4ZvkQ-At27Am2anuoObXly5QZRjBn3POdh-msdD3bEj9ldsM&loadFrom=DocumentDeeplink&ts=356.43)):

Exactly.

Tracey Peak ([05:57](https://www.rev.com/transcript-editor/Edit?token=B3ictBXkK0dYoj2_VTIzDNXaX1b_XxT1ytGoP4cuLoAZQUq8AF7uCEMXxdc12dty2VvjdBRP1GCQdLs_mUCCI-dlChg&loadFrom=DocumentDeeplink&ts=357.66)):

Okay. So it includes raw eggs. Do we cook the egg? Is any of this cooked in any way before you serve it to people? Or are you like Rocky Balboa just drinking raw eggs in your milk with some sugar?

Ellen Shoemaker ([06:12](https://www.rev.com/transcript-editor/Edit?token=kks_1EKJhMju24NTSKdUTlQ1Qb_AD34ZfI356TXVBMB46qzenSYNM_Q0dBHyrhKWps78pfZ6A1RJPkZ2za7C_7tywQY&loadFrom=DocumentDeeplink&ts=372.69)):

So it can contain raw eggs. So what if you're buying it at the store just already packaged and everything, you just want it to have it ready to go. That's going to be pasteurized, so that's going to be good to go. You're safe to drink it, consume it. And if you're making it at home, you have a few options to really reduce the risk because some people do make it with raw egg. And so what you could do is you could purchase the pasteurized eggs at the store if you want to make it, and then you would not need to heat it. If you do want to use raw eggs, we do recommend heating it to 160 degrees because then that will help kill the salmonella off that you might be introducing through that raw egg product.

Tracey Peak ([06:54](https://www.rev.com/transcript-editor/Edit?token=DvI-KXHR0uEbY5J29zr9myco8t6Xa9xa-9ioUgLdYb7fSMbVuszZSoQInVT4_bDcDUikfkakJP9IqZhfWJIWS6EqZHA&loadFrom=DocumentDeeplink&ts=414.33)):

And you wouldn't want to heat that all at once to 160. Is there a timing kind of interval thing here so that you don't end up with egg chunks?

Ellen Shoemaker ([07:07](https://www.rev.com/transcript-editor/Edit?token=r7V7NYdcAARb4naSxUxfP5BOpaNRFXa274_7-JSV2XCf0p5TRTZz9uyYXi-GrziksEvFpqpr8qwG0-_Or9Gh_r1JIfk&loadFrom=DocumentDeeplink&ts=427.23)):

I think in some recipes they have you separate out the eggs so that you can mix the egg yolks first with the other ingredients and then add the egg whites and then you're heating it. So I think you'd want to make sure that you're whisking it and keeping it consistent. So exactly as you said, you're not getting scrambled egg nog.

Tracey Peak ([07:25](https://www.rev.com/transcript-editor/Edit?token=1Tg3iEkL5AoDX_rkad0Cl-iVRE_E_J71QjS7MRcX0scaYUAwJzqUP7C6o8lpAYZ9tKWgQyiGbq_5BMaJUViNxCKVsQM&loadFrom=DocumentDeeplink&ts=445.23)):

That'd be awful. And so again, back to the alcohol, a lot of people drink their eggnog with alcohol added in. Would that help counteract the salmonella? Is there enough alcohol and rum to kill salmonella?

Ellen Shoemaker ([07:41](https://www.rev.com/transcript-editor/Edit?token=8cnJ-r0wW2bBvVdVz54obhruJ9ssb7PBG4cAqOhSEnipVfrgKb3ZPSFXiRpWDhbe7DV56Q-N58ZSGT7Q8CZR9ZAVWdU&loadFrom=DocumentDeeplink&ts=461.25)):

Unfortunately, I do have to say that, that's pretty anecdotal.

So the thing is, especially with eggnog too, is that with that heavy cream in it, that has a really high fat content, and so fat can actually act in some foods as kind of a protector, protecting agent for the salmonella. And so by adding what you would normally add in terms of alcohol to a product, that's not going to be enough to really counteract that level. And so probably best to either just use the pasteurized eggs or go ahead and heat your eggnog base and then add that alcohol if you want it.

Tracey Peak ([08:24](https://www.rev.com/transcript-editor/Edit?token=WxkUg4wheUFh7fq9CVNsNj6-_N-Hf4p24sYgivxQqcxNlWQAfX03zNlxltW2YL0hTaitainc7R514BUAt6TCAlK87nw&loadFrom=DocumentDeeplink&ts=504.75)):

Right. And the cream would need to be pasteurized as well, right?

Ellen Shoemaker ([08:27](https://www.rev.com/transcript-editor/Edit?token=_duHHqxlxGaGoeEADD_vkn1ypAtqToXXZNZ0O-iAARyQ0ADIvDypFGdKwUNH2zBXP2nzSG2ocuZSTqfngQcmqY0UvEE&loadFrom=DocumentDeeplink&ts=507.48)):

Yes.

Tracey Peak ([08:27](https://www.rev.com/transcript-editor/Edit?token=uTEa0ZoSJwVaM5tvyf_IX7Sznlc4tD75tg_JjpQGLr8VTPoeTmjqrGVsy0apqOT6x6NSXuSup_4FrYVsahl2Gb5VE8I&loadFrom=DocumentDeeplink&ts=507.6)):

But that's standard here.

Ellen Shoemaker ([08:28](https://www.rev.com/transcript-editor/Edit?token=Kp-kJr63hKqnYZVkEQvp6-tCtLKr-5JICKqCpMz_gHS7Ns64KcmktyhLcgXiXz8tb7f5oMGfJnPbdxHWQJm9h8vhZeU&loadFrom=DocumentDeeplink&ts=508.89)):

Yes.

Tracey Peak ([08:29](https://www.rev.com/transcript-editor/Edit?token=zKUvUeKiBmmu9I44iXtjPYUOOwvSRAazDHmF4nESvWATXjnZtdpIqOX67LPiS8wMSYlYk2tqoJJ6NNFd9Xv2TS3bpWc&loadFrom=DocumentDeeplink&ts=509.1)):

Unless you're taking it right out of a cow Yes. In your backyard or something.

Ellen Shoemaker ([08:32](https://www.rev.com/transcript-editor/Edit?token=jp_x46GaN9XU0WfMeb0ITiY2rd0Tp9zOohV46vXLlq_dQ9kYRdhlxSivPidlOMqeCBtQf2mJfTbhSaVKrvWsp3-g2yk&loadFrom=DocumentDeeplink&ts=512.94)):

Right.

Tracey Peak ([08:33](https://www.rev.com/transcript-editor/Edit?token=j-6YpA9ogpBCoIseJ_tGvCNgoKM53uqjKuzyhZ2GizjYneOrpTxp7JpFxY3yiug7ullA145oq6BCWq_9RBsFMdeDCfA&loadFrom=DocumentDeeplink&ts=513.66)):

All right. So good to know. And finally, are there any holiday food myths that you're aware of that you'd like to either bust or confirm?

Ellen Shoemaker ([08:46](https://www.rev.com/transcript-editor/Edit?token=JhPy1nFkQftn8YF1BF4ODxFy3jqNPkB1z_AYJp9eTsiKahOyQOnG9equqw-o0sdR35wyLFnpFcPec9vOJCS2wZM088M&loadFrom=DocumentDeeplink&ts=526.74)):

Yeah, I was thinking about this a bit, and mine's a little bit more general, especially now coming off a week after Thanksgiving. I just wanted to talk a little bit about leftovers.

Tracey Peak ([08:55](https://www.rev.com/transcript-editor/Edit?token=Z33jlzCVlLS3cN4-2xxWSzVP9cpxs0FKqIdj0wuJN1m8uKr1-DfY96rzuUvY7pjkClLyuFN-yedTuSFhSEGdhJk1ul8&loadFrom=DocumentDeeplink&ts=535.86)):

Okay.

Ellen Shoemaker ([08:56](https://www.rev.com/transcript-editor/Edit?token=LdLwcoaiZksD6D9HOUQRvx1CS9H20VVvM8Rzle9OrNOn4159FFEUep2OTo242_ZpKtJdVrUG_AFmxdODuHnjKepLnQU&loadFrom=DocumentDeeplink&ts=536.52)):

There's kind of that I idea that a lot of confusion around how many days you can keep leftovers. And so something that we typically give people guidance on is that if you monitor the temperature of your refrigerator and know that it's below 41, it's 41 degrees or below, you can keep your leftovers for up to seven days in your fridge. Because sometimes folks are telling you for a shorter amount of time. Sometimes you see two days, four days, but we recommend seven days. So you can enjoy those leftovers.

Tracey Peak ([09:26](https://www.rev.com/transcript-editor/Edit?token=TBSstudD_Jov5jcY-1QgG-DbjBS85xNttRHglvJfXBQqpb6VcGtwMMGZuYAXHYNjd-jt73kA486OUqUaF1cYf7ECgg0&loadFrom=DocumentDeeplink&ts=566.25)):

After a point. You're not really enjoying them.

Ellen Shoemaker ([09:28](https://www.rev.com/transcript-editor/Edit?token=nY4eT7jFRxlyNnEgGSm8L6dcNivqYuKjU0MtSnW1S71Qp-RlkVIXyrZwNUkTb1pP_2-VbL1BV9D8-Bqjrwivfh3hhaQ&loadFrom=DocumentDeeplink&ts=568.56)):

Exactly.

Tracey Peak ([09:30](https://www.rev.com/transcript-editor/Edit?token=JAsCwcLC2ZkV08CDBtjYeKwep8C5kno2zD0zFA4rof7_kkm2s-vqhOeYjMOmsiDgtNC59WsjF2GdpjfWz2xrQUq1VfU&loadFrom=DocumentDeeplink&ts=570.36)):

Yeah. And so does that go for everything like meat and thing, and sides, all of it together?

Ellen Shoemaker ([09:37](https://www.rev.com/transcript-editor/Edit?token=KEUbfdys4vY2iEAqNICH3HyMn4zj-j2qSegTArr0m6edZaV_mI6H3PDmtliLXlOh132mEJjqJf78PrQIUCR1Yp9OwDo&loadFrom=DocumentDeeplink&ts=577.05)):

Yeah. For those cooked products? Yeah. So that's a nice way to kind of extend the holidays if you want, and to just kind of take a break from cooking.

Tracey Peak ([09:45](https://www.rev.com/transcript-editor/Edit?token=tHiZ9Ugr9uKuGYNTvMmXt3IUKLH09shuxxALp7CCpabs350BnxoR60E76iAW1DnAz5UHyJEQaSVPV0Cj34Af95kydm4&loadFrom=DocumentDeeplink&ts=585.87)):

Yes. Or you could just be like, I can't deal with any of this and throw it all in the freezer.

Ellen Shoemaker ([09:50](https://www.rev.com/transcript-editor/Edit?token=DDQNWVorWuznOTAHBALKHbjVJhM_TiwLZ2V7gFoEKMvaqGSqPFKxyx2CBd1PBFF5GQjW2YjbEtJhtAsULetqU4WdBAg&loadFrom=DocumentDeeplink&ts=590.55)):

That is also a good option.

Tracey Peak ([09:51](https://www.rev.com/transcript-editor/Edit?token=jO4ON-lN6_rmqg6TJe6JMolsbrkJRRwJqFkJUVMaia8eppi_Rgiig877sd9mNPZzg09kVUjVcRV1U5R9ayfPmUblVxM&loadFrom=DocumentDeeplink&ts=591.63)):

It's also a thing. Well, thank you for being here today, Ellen and I have enjoyed talking about fruitcake, which I'm still probably not going to eat. And eggnog.

Ellen Shoemaker ([10:00](https://www.rev.com/transcript-editor/Edit?token=66f7AnqYirE2HLz79PLmLeNj4omdxM3brzsHHZ2mgOwDZC6_S-17oMxDegsgm968DQbfA9OnjTz4EVyy9YNa3s9GJA8&loadFrom=DocumentDeeplink&ts=600.84)):

Same here. But thanks for having me.

Tracey Peak ([10:03](https://www.rev.com/transcript-editor/Edit?token=HuSNlDxB82sMgvVV09_knW-JQ7ATJeEPzaR9KtZIsNQ1wSozX19YA2takAlIzTZ98cEAQMNSAXT79wSDE-_CGQCDTas&loadFrom=DocumentDeeplink&ts=603.03)):

We've been speaking today with Ellen Shoemaker, director of extension and outreach for Safe Plates at NC State University. This has been audio abstract. I'm your host Tracy Peak. Thank you so much for listening.