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Guessing Canning Process Times



If you guess at a process time for canning, this can lead to underprocessing your food, resulting in food poisoning and/or product loss due to spoilage.

All reliable recommendations for canning include process times that have been determined by or based on results of laboratory testing. The exact time and temperature combinations of tested canning processes are needed to assure the destruction of microorganisms that may be present in the filled jars. Sure, it's possible that you could use unsafe can-

ning practices for some time without causing waste or harm, but it only takes one batch of food with destructive microorganisms in it to ruin your streak of luck. And especially if you are canning low acid foods, the consequences could be severe and irreversible.

While some microorganisms are apparent just by looking, others remain invisible to your bare eyes. Many different types of mold, yeast, and bacteria dwell on food. Given their preferred conditions of moisture, acidity, oxygen levels, and temperature they will grow, and some will even produce toxin.

Process times recommendations can deliver safe amounts of heat to destroy microorganisms of concern. You can trust that your home-canned foods will receive adequate heat treatment by using proper canning methods and following recommended process times.

Source: <http://bit.ly/1eAw3eB>

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Nutrition Facts Label Makeover

The FDA is proposing to update the Nutrition Facts label found on most food packages in the United States. The Nutrition Facts label, introduced 20 years ago, helps consumers make informed food

choices and maintain healthy dietary practices. If adopted, the proposed changes would include the following.

- Greater understanding of nutrition science

- Updated serving size requirements and new labeling requirements for certain package sizes

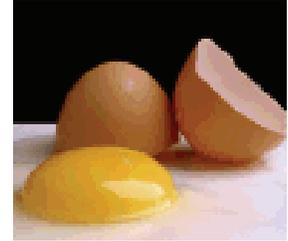
- Refreshed design

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Fast Facts About Eggs

With Spring just around the corner, eggs become popular for the Easter season. Here's some fast facts about eggs.

- The U.S. produces about 75 billion eggs each year. About 60% are used by consumers.
- Egg grades refer to the quality of the shell, white, yolk and size of air cell.
- Yolk color varies by what the hen eats. Artificial colors are not permitted.
- Egg shells have 7 to 17 thousand tiny pores on the surface. These allow moisture and CO₂ out and air and odors inside. Always store eggs in their carton.
- Blood spots result from a blood vessel rupture when the eggs is laid. They are not harmful.
- A stuck yolk happens when the yolk membrane attaches to the shell membrane. The egg is old and has been in the same position a long time.



[Eggs for Easter Fun](#)

Source: www.incredibleegg.org



This poster is available at

www.who.int/foodsafety/publications/consumer/5keys/en/

Five Keys to Safer Food Posters

Consumers play a key role in protecting themselves from foodborne illness. To help educate and remind consumers of easy tips to keep food safe, the World Health Organization has a poster

entitled "Five keys to safer food" that is offered in 82 languages.

The five keys include:

1. Keep food clean;
2. Separate raw and

cooked foods;

3. Cook food thoroughly;
4. Keep food at safe temperatures; and
5. Use safe water and raw materials.

Crisp and Peppery Radishes

Gardeners are itching to plant their gardens. A popular spring root vegetable is the radish. Available in a variety of colors and flavors, radishes can be used in salads, sandwiches, soups, and more. Combine them with other root vegetables and roast them to bring out their sweetness.

Choose radishes with smooth, bright colors and green, fresh tops. The tops are also edible in a salad.

Store radishes in the refrigerator inside a plastic bag. Use within one week.

Radishes are high in vitamin C, fat free, cholesterol free, low in sodium and calories.



www.fruitsandveggiesmorematters.org/radish

Easter Eggs Make Great Egg Salad!



The week after Easter is designated as Egg Salad week. It is a great way to use up those decorated eggs from the egg hunt.

Keep hard-cooked eggs refrigerated and use within one week. Don't peel them until ready to use. For more information on egg safety, see www.foodsafety.gov/keep/types/eggs/.

Here are some recipe ideas:

- www.incredibleegg.org/recipes/collection/simply-eggs/hard-boiled-eggs
- www.incredibleegg.org/recipes/recipe/easy-hard-boiled-eggs



Food Preservation Learning Modules

The University of Alaska Fairbanks has several Flash learning modules for web-based education on food preservation.

The topics include canning basics; canning

products and methods; meat products and methods; freezing foods; drying foods; and berries.

These can be viewed as a video or as a slideshow with text to read. It re-

quires [Adobe Flash Player](#).

Learn more at www.uaf.edu/ces/preservingalaskasbounty/.



Raisins dried on the vine
USDA/ARS

Celebrate the Raisin on April 30!

Since 1909, the raisin has been celebrated in California on April 30. But the raisin dates back to ancient times in Europe. The California raisin industry started in the 18th century when Spanish missionaries from Mexico came to California to grow grapes for wine.

Dark colored raisins are dried naturally in the sun with no sugar added. Golden raisins are dried mechanically in dryers. They are high in antioxidants and fiber; free of fat and cholesterol; and are packed with potassium. A fruit serving of raisins equals 1/4 cup. Golden raisins are also treated with sulphur dioxide so they may contain residual sulfites.

Learn more about raisins at <http://calraisins.org/>.



Nutrition Facts Label (cont.)

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

This is the proposed label format. The changes include:

- Required declaration of "Added Sugars" under "Sugars"
- Removing "Calories from fat."
- Revising the nutrients of public health significance. Currently, calcium and iron are required; vitamin D and potassium would also be required.
- Revised Daily Values for certain nutrients that are mandatory or voluntary. This includes calcium, sodium, dietary fiber and vitamin D.

Learn more at
<http://1.usa.gov/1obiyXp>



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On the Web at
www.rrc.ksu.edu



The Hype About Hemp Seeds

Seeds such as flax and chia are popular for their potential health benefits. Another seed



Bunch of dried hemp seeds

that is gaining popularity is hemp seed.

Hemp seeds have been eaten for almost 3,000 years. The

seeds are hulled and referred to as hemp hearts. While they are related to marijuana plants,

they are a different variety. The seeds only have trace amounts of the psychoactive ingredient.

Hemp seeds are not grown in the U.S. but are imported from Canada and other countries. They must be heat-treated to stop germination.

Many claims are touted about hemp seeds benefits with little human research to prove those claims.

Source: www.berkeleywellness.com