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The Thrill of the Hunt!



Be sure to find all the hidden eggs!

Easter is almost here! An annual tradition for many families is an Easter egg hunt. But take eggs-tra care if using real eggs.



- Keep all eggs, raw and cooked, refrigerated. Discard dirty or cracked eggs.
- Store eggs in the main compartment of the refrigerator, not the door.

- Hard boil eggs in a single layer of a saucepan. Add water to cover the eggs at least one inch. Cover, bring to a boil, then remove from heat. Let stand for about 20 minutes. Chill in cold water until cool enough to handle. Refrigerate until ready to use.
- Have fun coloring the eggs! Use food grade dyes, liquid food coloring, or fruit drink powders along with fun designs.
- Wait to hide the eggs until two hours before the big hunt. Once the eggs are gathered, put them back in the refrigerator until ready to eat.
- Hard boiled eggs in the shell should be used within one week.
- The week after Easter is egg salad week! Find recipes at www.incredibleegg.org

Source: <http://bit.ly/Qkiw5D>

National Festival of Breads

The finalists have been selected! Mark your calendars now to attend the National Festival of Breads on June 13, 2015. The Festival will be held at the Hilton Garden Inn Conference Center in Manhattan, KS.

The event is free and features baking demonstrations, a trade show, the opportunity to meet the finalists and see their breads being prepared live and much more.

The baking demonstrations and full schedule will be posted soon. Learn more at <http://nationalfestivalofbreads.com/>.



Flaxseed and Cancer

Flaxseed contains a high amount of the phytoestrogen, lignan. It is similar to the female hormone estrogen. So concern exists whether women with breast cancer can safely consume flaxseed.

Laboratory animal studies have shown reduced growth of cancer cells with flaxseed lignans.

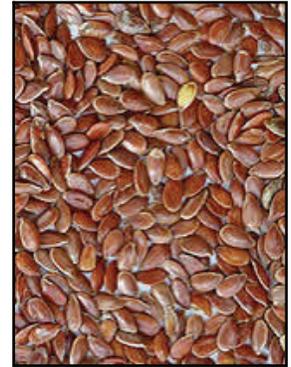
Cell growth studies show reduced stickiness and movement of breast cancer cells with lignans. This reduces the ability of the cancer to spread or metastasize.

Very few human studies have been conducted on the usefulness of flaxseed against cancer. The studies that have been done were small and had

conflicting results.

For more information, see the following:

- [American Cancer Society—Flaxseed](#)
- [Academy of Nutrition and Dietetics—Oncology Nutrition](#)
- [Linus Pauling Institute—Lignans](#)



Whole flaxseed is not as nutritious as ground flaxseed.



Learn more about these tips and more at <http://bit.ly/1BAkVw2>

Stuck in a Midday Slump?

Boost your midday energy with these tips:

1. Skip the sugar and simple carbohydrates. Try some nuts or whole grain snacks.
2. Get up and walk! It will help you sleep better too.
3. Don't skip breakfast. Without it, you are famished and grumpy by lunch.
4. Reduce caffeine intake. It may give you a jolt, but you can crash just as fast!
5. Drink plenty of water to stay hydrated.

Crickets—a Food for the Future?

Finding sustainable foods that require less water, food, energy and land is a challenge to feed 9 billion people by 2050. In some parts of the world, munching on crickets are mainstream to get protein into their diet. In the United States, the idea of eating crickets is emerging as "the gateway bug."

There are a handful of companies raising edible crickets. Currently, the demand is greater than the supply. Production is labor intensive and inefficient. Most crickets are fed chicken feed because it is widely available.

Ground cricket powder is making its way into protein bars. It is high in protein and has a nutty, roasted flavor. Other options may include cookies and chips.



Edible insects are showing up in snacks and entrees. Would you eat them?

Source: <http://futurefood2050.com/us-cricket-farming-scales-up/>
www.ift.org/Food-Technology/Past-Issues/2015/February/Features/Cricket-Powered-Energy-Online-Exclusive.aspx

Barbecue 101 Workshop



Barbecue 101 is a one day workshop focusing on teaching the basics of grilling and smoking to consumers of all ages and experience levels. The topic areas will provide a unique perspective on the science of barbecuing as well as give insight to selecting meat, wood, rubs, spices and sauces to use at your next barbecue. Dates and locations for the workshops include:

- May 2 – K-State Olathe Campus;
- May 9 - KSU Stanley Stout Center, Manhattan;
- May 30 – Hays; and
- June 6 – Winfield.

Registration is \$50 for an individual or \$80 for a couple. Registration closes one week prior to each scheduled event. Registration fee includes lunch, apron, and a Barbecue 101 Course Book containing cooking guides, recipes, and barbecue tips and tricks. Space is limited at each location. For a registration form and more information, visit www.asi.k-state.edu/barbecue101workshop.html. For more information, contact Dr. Travis O'Quinn (travisquinn@ksu.edu; 785-532-3469).



A Snack Bar for Every Taste

In the crowded world of snack bars, a new savory bar is making its entrance.

New bars are being made with bison, beef and lamb. They are consid-

ered a "mini meal" with savory flavors like mango curry, or chipotle barbecue. Other flavor combinations include sundried tomato and basil or black olives and walnuts.

More savory flavor combinations include almonds, pea protein, hickory smoke, chipotle barbecue, and roasted jalapeno peppers.

Besides sunflower seeds and nuts, look for bars with pumpkin seeds, sesame seeds, chia, quinoa and other ancient grains.

Source: Food Technology, Feb. 2015

Food Allergies and Genes

A genetic link has been discovered that may indicate the development of food allergies, specifically peanut allergies. While an important finding, other molecular triggers may also contribute to the development of food allergies.

Researchers at the Johns Hopkins Bloomberg School of Public Health studied the DNA of 2,759 children and their parents. They found the genomic region on chromosome six is related to peanut allergies. But not everyone with these particular genes develops a peanut allergy. Some have epigenetic changes that alter the expression of a gene. The level of these changes regulates whether the peanut allergy actually occurs.

More research needs to take place to get a better understanding of genes and food allergies.

Source: IFT Weekly Newsletter, Mar. 4, 2015
www.nature.com/ncomms/2015/150224/ncomms7304/full/ncomms7304.html



Peanuts are one of eight foods that cause 90 percent of food allergic reactions.

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Midwest Meat Processing Workshop



Join us March 27, 2015 in Weber Hall! Speakers and topics include:

- Dr. Travis O'Quinn—palatability attributes of grass-finished and enhanced beef.
- Brock Volkmann, Richards Cold Storage—making ground and formed beef jerky.
- Danny Williamson and Gustavo Gloria, Krehbiels Specialty Meats—fresh specialty bratwurst.
- Dr. Fadi Aramouni—strategies for determining sampling frequency for meat plant operations.
- Brandon Goering, PhD Candidate at KSU—influence of belly quality on bacon.
- Dr. Joe Baumert, Co-Director, Food Allergy and Research and Resource Program, University of Nebraska—allergens, labeling, and control for small meat processing businesses.
- Dr. Dennis Burson from the University of Nebraska—antimicrobial interventions for grinding, as well as their impact on ground beef color and shelf life stability.

Contact Liz Boyle at lboyle@ksu.edu or 785-532-1247 for more information.



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Hot Sauce Catches Fire!

One of the fastest growing foods is also one of the hottest! It is estimated that 56 percent



**Charleston hot peppers at varying stages of maturity.
USDA/ARS**

of households use some type of hot sauce.

So why do we like to burn our taste buds? The capsaicin in hot peppers

sends a burning sensation to the brain which releases endorphins. These are natural pain-killers that gives us a physical rush, much like a runner's high.

The southern states eat more fiery sauce than other regions. Consumers on the east coast consume the least. Currently, Asian Sriracha sauce is the latest trend at home and in restaurants.

Source: <http://bit.ly/18fszBA>