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### More Food Safety for Moms and Kids:

- [Food Safety for Moms-to-Be](#)
- [Food Safe Families](#)
- [Preventing Listeriosis in Pregnant Hispanic Women](#)
- [Food Safety for Kids & Teens](#)
- [Hispanic Community Resources](#)

## Food Safety for Children



Learn more at [Fight BAC! Goes to Child Care](#)

While anyone can be susceptible to foodborne illness, young children and babies are at a higher risk which, can lead to serious complications. The Partnership for Food Safety Education just issued a 'Crib Sheet' to help parents, grandparents, and baby sitters reduce foodborne illness risks.



Hand washing is the most important prevention tool. But there are other things to be aware of to reduce the spread of bacteria. They include:

- Clean and sanitize surfaces and toys. *Hepatitis A* and *rotavirus* can live on these for weeks.
- Handling and storing breast milk and formula. Store milk in the refrigerator for later use. Always use clean bottles.
- Handling and storing baby food. Temperature abuse on these foods can lead to serious illness because children have developing immune systems.
- Dirty diapers can have *Salmonella*, *Listeria*, *E. coli* and other bacteria. Always wash your hands.

Learn more at <http://bit.ly/NIM7Cm>

## Can I Make Yogurt at Home?

The ancient craft of making yogurt is also modern-day science. With the help of two strains of bacteria (*Lactobacillus bulgaricus* and *Streptococcus thermophilus*) and warm milk, a nutty tasting,

smooth gel can be made.

While yogurt machines are available, they are not necessary. Basic kitchen equipment can make a tasty product. Commercial plain yogurt is best

for a yogurt starter culture.

Here are some good resources:

- <http://bit.ly/NfpELD>
- <http://bit.ly/MVGjof>



## Why do Home Canned Foods Lose Liquid?

As with any problem when cooking, there are many reasons to answer a question. For pressure canning, here are some reasons for the question above:

- Improper headspace to allow for food expansion.
- Pressure canner was not exhausted for 10 minutes before pressurizing.
- Pressure too high.
- Unsteady heat source caused pressure fluctuation.
- Removing pressure regulator before pressure dropped completely.
- Rapid temperature changes or drafts blowing on the canner.
- Lids not applied correctly.
- Raw pack was used instead of hot pack.
- Did not leave canner closed for 10 minutes after pressure dropped completely.



Source: [www.gopresto.com](http://www.gopresto.com)

### Cautions:

**Do not add noodles, other pasta, rice, flour, cream, milk or other thickeners. For other soup recipes to can, see [http://nchfp.uga.edu/how/can\\_04/soups.html](http://nchfp.uga.edu/how/can_04/soups.html)**

## Spicy Tomato Vegetable Soup

Need a new recipe to can tomatoes? How about a Spice Tomato Vegetable Soup. It has a "kick" with hot peppers, chili powder, cayenne pepper and hot pepper sauce.

This recipe is within the So Easy to Preserve DVD from the University of Georgia. It is packed with vegetables, including corn. It can be put into pint or quart jars.

It must be pressure canned.

See this recipe at [http://setp.uga.edu/spicy\\_tomato\\_vegetable\\_soup.html](http://setp.uga.edu/spicy_tomato_vegetable_soup.html).

## Why do Cucumbers Taste Bitter?

A bitter taste in cucumbers is the result of stress that can be caused by a number of factors including heredity, moisture, temperature, soil characteristics and disease. Most often this occurs during the hot part of the summer or later in the growing season.

Two compounds, cucurbitacins B and C, give rise to the bitter taste. Though often only the stem end is affected, at times the entire fruit is bitter. Also, most of the bitter taste is found in and just under the skin. Bitter fruit is not the result of cucumbers cross pollinating with squash or melons. These plants cannot cross pollinate with one another.

Bitter fruit may possibly be saved if the stem end is removed and the cucumber is peeled.

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



**Canning bitter cucumbers will result in bitter pickles.**



Focus on Food Safety

## KDA to Offer Food Safety Handling Classes

The Kansas Department of Agriculture will host food safety handling classes throughout Kansas in coming months.

Focus on Food Safety classes are open to all involved in food preparation and handling, from home cooks to food service volunteers and individuals employed in restaurants or other food service establishments. The classes are designed to teach Kansans how to properly store and prepare food in order to reduce food safety risks. Attendees will learn about cooking and cooling foods, hand washing and hygiene.

The 90-minute programs are free of charge, but reservations are required to ensure adequate space is reserved for the group. Attendees can choose from one of the two sessions offered in each location.

For locations, dates and more information see [www.ksda.gov/news/id/473](http://www.ksda.gov/news/id/473).



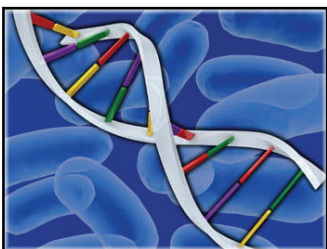
## Canning Salsa in Quarts

Tomatoes are ripening now and salsa is being canned.

There are no recommendations or tested recipes to can salsa in quart jars. Why? That is the big

question. In conversations with Dr. Elizabeth Andress, University of Georgia, they simply don't have the money to conduct the research for salsa to be canned in quarts.

So until sound recommendations can be made, salsa must be canned in pint jars.



[Genome Project for Food Pathogens Launched](#)

## Sequencing Genes of Foodborne Pathogens

The Food and Drug Administration (FDA) is embarking on a five-year collaboration with public and private partners to create a public database of the gene sequences of 100,000 bacteria that have been responsible for outbreaks of foodborne illnesses around the world. Gene sequences are the ordered chemical building blocks that make up the bacteria's DNA.

The goal of this effort, called "The 100K Genome Project" is to give public health officials the tools they need to more rapidly identify the source of the contamination and bring these outbreaks under control.

This database can help discover likely sources of foodborne outbreaks from specific foods or regions.

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## English Muffins for the Olympics



Do you know the Muffin Man? This rhyme dates back to the 19th century. But the name "muffin" was originally called a "moofin" in 1703.



English muffins are round, flat and about 3-4 inches in diameter. The yeasted dough is soft and baked

on a griddle. Commercially, English muffins come in many flavors including sourdough, whole wheat, raisin, cinnamon and cornmeal.

English muffins are fork-split and gently pulled apart to create peaks and craters to hold melted butter and jam. Toast them to add a crunchy texture.

To make your own, here's a recipe from Fleischmann's Yeast using RapidRise Yeast. They are baked on a skillet.

<http://breadworld.com/Recipe.aspx?id=440>

Source: Food Lover's Dictionary  
[http://en.wikipedia.org/wiki/Muffin\\_%28English%29](http://en.wikipedia.org/wiki/Muffin_%28English%29)



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On the Web at  
[www.rrc.ksu.edu](http://www.rrc.ksu.edu)



## How to Clean Your Dishwasher

You may think that washing the dishes would clean the dishwasher. But a good cleaning on its own can keep it in good condition and work better.

Follow the manufacturer's recommendations for best cleaning. If there is a rubber gasket, use a toothbrush to scrub it and wipe with a damp cloth. Check the drain



and remove objects that may plug the drain. If there are odors, fill a cup with plain white vinegar. Place on the top rack and run the dishwasher. Use a soft cleanser or baking soda to remove stains. There are appliance cleaners that can also be useful.

Source: <http://bit.ly/Np4h9A>