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### More on Pesticides:

- They are substances intended for preventing, destroying, repelling, or mitigating any pest.
- Washing, peeling, and trimming fruits and vegetables will reduce or remove any residues.
- Pesticides from natural sources may be used on organic foods.

## Pesticide Residues Not a Safety Concern



**Always wash fruits and vegetables with running water before using.**

Since 1991, the U.S. Department of Agriculture, Agricultural Marketing Service has conducted the Pesticide Data Program to provide high-quality data on residues in food.



These studies are reviewed by the Environmental Protection Agency (EPA) to verify that pesticides do not pose unrea-

sonable risks to human health or the environment. Once deemed safe, the EPA will license or register a pesticide for use with strict guidelines and directions. Standards are set for use during the growing season, processing, and how much can remain on the food once it reaches the consumer.

The latest survey, done in 2010, examined mostly fruits and vegetables (85%). It also included water, catfish, eggs, and oats. Besides domestically grown foods, samples also came from imports, mixed origin, and unknown origin.

Results showed that overall pesticide residues are at levels below tolerances set by the EPA. Overall pesticide residues on baby foods are lower than levels on other commodities.

For more information, see the USDA report at <http://1.usa.gov/Nh3KGa>.

## Acidify Tomatoes for Home Canning

To can tomatoes safely at home, acid must be added to increase the acid content.

A recent study by the University of Illinois highlighted the variation in pH

that can be seen in tomato varieties. In the study, 55 heirloom tomatoes were planted. Tomato fruit was harvested and the pH level tested in all 55 varieties. The average pH of the fruit ranged

from 4.18 to 4.92, with 15 of the varieties (27%) having a mature-fruit pH of 4.6 or higher.

Learn more about this and canning tomatoes at <http://bit.ly/KrZ5ns>.

Source: <http://bit.ly/Lto1X4>



## Quench Your Thirst with Water

When we are thirsty, water really is the perfect choice. It keeps us hydrated and healthy, it has no calories, and it is inexpensive. Here is a comparison of some drinks (costs are from Central Iowa, April 2012):

| Beverage                   | Calories Per 8 ounces | Grams of Sugar per 8 ounces | Cost Per Gallon |
|----------------------------|-----------------------|-----------------------------|-----------------|
| Tap Water                  | 0                     | 0                           | \$0.00435       |
| Bottled Water              | 0                     | 0                           | \$1.57          |
| Sugar-Free Drink Mix       | 2                     | 0                           | \$2.59          |
| Sports Drink               | 50                    | 14                          | \$4.19          |
| Regular Soda               | 100                   | 27                          | \$4.44          |
| Diet Soda                  | 0                     | 0                           | \$4.44          |
| Bottled Tea                | 0-90                  | 0-23                        | \$8.32          |
| Energy Drink               | 0-140                 | 0-31                        | \$13.48         |
| Orange Juice               | 110                   | 24                          | \$7.61          |
| 100% Fruit Juice           | 120                   | 29                          | \$7.64          |
| Lemonade (from mix)        | 60                    | 16                          | \$1.50          |
| Juice Boxes                | 90                    | 21                          | \$4.80          |
| Reduced Fat Chocolate Milk | 180                   | 24                          | \$4.17          |



Source: <http://blogs.extension.iastate.edu/foodsavings/2012/05/>

**Other tips include:**

- **Soft spreads use 1/2 pound produce per half pint jar**
- **Relishes use one pound produce per pint jar**

## Planning for Preservation

Many gardens have been or are being planted. So once it's time to harvest, how do you plan for preserving the food?

Jarden Home Brands, Inc. created a

"Harvesting and Fresh Preserving Guide" to help calculate how much produce is needed to can one quart of food. It lists the approximate growing periods and is divided into regions.

See the entire guide at <http://freshpreserving.com/guides/SeedToHarvestGuide.pdf>.

## Happy Birthday to MyPlate!

MyPlate is celebrating its first birthday! So let's join the party!

There are many ways to help celebrate. Living a healthy, physically active life can both be fun parts of parties and gatherings. Whether it's active games for children or encouraging adults to be role models in what to eat can all help promote a MyPlate lifestyle.

Look for many celebrations ideas for 4-H Foods meetings, church events, your own birthday parties and more at [www.choosemyplate.gov/bday/celebrate.aspx](http://www.choosemyplate.gov/bday/celebrate.aspx).



## Help for Joint Pain and Arthritis



For more information on cherries see [www.choosecherries.com](http://www.choosecherries.com).

Chronic inflammation affects millions of Americans. New research from the Oregon Health & Science University has found that tart cherries have the “highest anti-inflammatory content of any food.”

The study asked twenty women with inflammatory osteoarthritis and between age 40 -70 participate. They drank tart cherry juice twice a day for three weeks. After this, researchers found that even those with high inflammation levels had considerable reductions.

Anthocyanins in tart cherries provide antioxidants to reduce inflammation just as effectively as some pain medications. They have also been beneficial for athletes to relieve muscle and joint pain.

Tart cherries can be found in many forms such as juice, dried, frozen, and fresh.

Source: <http://prn.to/KtP2vJ>



## How Much Pectin Do I Use?

Last year, the makers of Ball® food preservation products, came out with pectin in bulk packages. The choices are Classic Pectin, Low or No-Sugar Needed Pectin and Instant Pectin.

To help consumers use these, they have created an online Pectin Calculator. You select the fruit; then select either jam or jelly; then the type of pectin. Click on “calculate” and it will

give you the recipe and the option to print the recipe. Check it out at [www.freshpreserving.com/tools/reference/pectin.aspx](http://www.freshpreserving.com/tools/reference/pectin.aspx).



## Baking Pie in Disposable Pans

With county fairs gearing up soon, so are bakers to bake a prize-winning pie. But getting the pie to bake properly in a disposable aluminum pan can be a challenge. Aluminum does not hold heat and bakes slowly. Here are some tips to prevent soggy bottom crusts:

- For blind baking, increase baking time up to 10 minutes or until golden brown.
- For double-crust pies, place pie pan on a preheated baking sheet or baking stone.
- For double-crust pies, set the pie inside a glass or stoneware pie pan for more heat transfer.

Source: Cook’s Illustrated, July 2012

## Knowledge for Life

### Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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## BBQ Sauce 101



What are the differences in BBQ sauces around the country?

- **Kansas City Sweet Sauce**—tomato-based with molasses and brown sugar
- **South Carolina Mustard Sauce**—yellow mustard (a must), spices, vinegar and sugar.



- **East Carolina Mop Sauce**—Known as the “mop,” it soaks into meat and has a thin texture.
- **Western Carolina Sauce**—similar to Kansas City Sweet Sauce.
- **Lexington or Piedmont Sauce**—rich aroma of vinegar and pepper.
- **Texas Mop Sauce**—chili powder based for slow roasted meat.
- **Alabama White Sauce**—thick texture from mayonnaise and vinegar.

Source: IFT Monthly Newsletter, Eat Your Words, May 1, 2012



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



## Quit Smoking by Eating Fruits and Vegetables

Smokers who are trying to quit can eat more fruits and vegetables to help kick the habit. Researchers also state that the healthy foods can help smokers stay tobacco-free longer.

The study surveyed 1,000 smokers aged 25 and older across the country. Those who ate more fruits and vegetables were three times more likely to stay tobacco-free at least 30 days. They also waited longer to have a cigarette.

Why? Fruits and vegetables increase satiety. Higher fiber intake also increase fullness. And, fruits and vegetables make the taste of tobacco worse.

Source: [www.buffalo.edu/news/13487](http://www.buffalo.edu/news/13487)

