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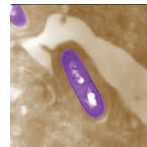


Listeria and At-Risk Consumers



Vulnerable populations are most susceptible to foodborne illness. (CDC)

Listeria monocytogenes can be deadly for vulnerable groups of people. Between 2009-2011, 90 percent of the listeriosis cases were from this group.



Vulnerable groups of people include the very young, older adults, pregnant women, newborns, and those with poor immune systems to fight off disease.

Prevention is the best defense. Here are some tips from the CDC:

- Avoid eating raw animal products, including raw milk products, uncooked or lightly cooked eggs, and raw fish and meat dishes.
- Wash ALL fruits and vegetables before eating. Avoid eating raw sprouts.
- Avoid hot dogs and other deli-style meats unless they are reheated to steaming temperatures. Also avoid deli-prepared salads, such as chicken or seafood salad.
- Keep your refrigerator at 40 degrees F or lower, and your freezer at 0 degrees F or lower.

Source: <http://1.usa.gov/11aZxJD>

Mrs. Wages® Educator Kit

Mrs. Wages®, makers of home canning products, has a special program for University Extension Canning Programs.

They are offering a 62-piece Educator Kit for

\$42.60 to help with teaching home canning classes.

The kit includes coupons, pickle mix, pectin, salsa mixes, pie filling mix, spiced apple mix, and a

canning guide.

Order online at <http://store.mrs wagesstore.com/w815-x1425.html> or call at 1-800-647-8170.



Canning on a Portable Burner

Here's what **ALL** new Presto and National Canners say in their instruction manuals:

"Caution: Do not use pressure canner on an outdoor LP gas burner or gas range over 12,000 BTU's."

When contacted, their customer service also does not recommend

using any (new or old) model Pressure Canners on LP gas burners over 12,000 BTU's.

The main reason is that the high heat can damage pressure canners, especially the newer and thinner aluminum versions. The damage can range from simple warping to severe warping (where the lid might de-

tach) to fusing of the aluminum canner to the LP stove. In all cases the damage will make the canner non-functional.

The other potential damage results from boiling out the canning water too quickly. If a pressure canner goes dry, it almost certainly will warp.

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



Camp stoves, turkey fryer burners, etc. should not be used for home canning.



Q. Do you agree with this statement: I would rather lose \$1,000 than gain 20 pounds.

A. Of those surveyed, 56% agreed either somewhat or strongly.

2013 IFIC Food and Health Survey

The eighth annual IFIC Food and Health Survey is now available. This survey gives insight to consumer health, nutrition and food safety information.

A summary and complete report of the survey and its findings can be found at www.foodinsight.org/foodandhealth2013.aspx.

This survey helps give consumers a voice so

health professionals, government officials, educators and others can help improve the lives and health of Americans.

Canned vs. Fresh Peaches

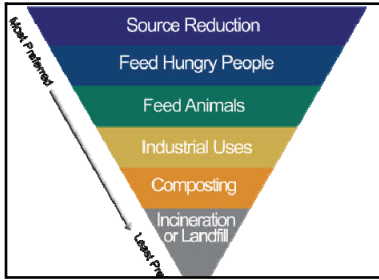
Which would you choose? A canned peach or a fresh peach? Nutritionally speaking, canned peaches are comparable to fresh peaches.

In a study published in Journal of the Science of Food and Agriculture, fresh free stone peaches, fresh cling peaches, and canned cling peaches were examined for vitamins A, C and E, folate, antioxidants, total phenolics and total carotenoids. The results showed vitamins A and E as well as total carotenoids decreased in canned peaches, but stabilized with no further loss over 3 months storage. There was no statistical difference in all parameters between fresh freestone peaches and canned cling peaches.

Learn more at <http://bit.ly/18EbfRY>.



U.S. Food Waste Challenge



Food Recovery Hierarchy
www.epa.gov/smm/foodrecovery/

The U.S. Department of Agriculture (USDA) and the U.S. Environmental Protection Agency has launched the U.S. Food Waste Challenge. It is estimated that between 30 to 40 percent of the food supply ends up as waste. It is the single largest waste product that goes into landfills.

As part of the challenge, the USDA has launched activities to reduce waste in schools, consumer education, and is working to develop technologies to reduce food waste. The USDA will also work with industry to increase donations from imported produce that does not meet quality standards, streamline procedures for donating wholesome misbranded meat and poultry products, update U.S. food loss estimates at the retail level, and pilot-test a meat-composting program to reduce the amount of meat being sent to landfills from food safety inspection labs.

Learn how to make a difference in your community at www.usda.gov/oce/foodwaste/index.htm.



Why Did My Bread Turn Purple?

If you bake bread with walnuts, you may see the bread color turn a slight blue/purple.

This is because of anthocyanins in the walnut skin that react with an

alkaline ingredient such as baking soda. Either there is too much baking soda or it is not evenly distributed in the bread.

Walnuts are sensitive to pH levels and are more

suited to acidic environments. Alkaline batters will cause a color change.

Source: On Food and Cooking: The Science and Lore of the Kitchen, by Harold McGee

To prevent the color change, toast the walnuts, cool, then rub the skins off.



www.nectresse.com

New Sweetener from Monk Fruit

A new sweetener may be on your table soon. It is made from monk fruit extract. What is monk fruit?

This small melon-shaped fruit is also known as luo han guo and has been grown in Asia for hundreds of years. The extract has a natural sweetness without the all the calories. The fruit is harvested by hand, crushed and infused with hot water to release the extract. It is about 200 times sweeter than sugar.

The tabletop name for this new sweetener is Nectresse™. For the food industry, it is known as PUREFRUIT™. It is currently used in beverages, yogurt, cereals, and nutrition bars.

Source: www.caloriecontrol.org; www.purefruit.com



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Freezing Food for the Fair



Reprint from *You Asked It!* July 2009

To help save time and stress at county fairs, prepare food entries early and freeze them. Most baked goods freeze well and can still be top ribbon quality. Here are some tips:

- Bake and cool completely! This helps prevent condensation inside the wrapping and development of ice crystals.

- Use moisture-vapor resistant packaging such as freezer-safe plastic containers or bags, and rigid containers.
- Separate layers of cookies with wax paper or parchment paper.
- Freeze cakes or breads unfrosted and frost after thawed.
- Make pie crusts ahead of time and freeze.
- Thaw all baked goods in the freezer packaging. They can be thawed at room temperature. Remove from the freezer the night before the fair. Once thawed, repackage according to your fair rules.

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

What is Aquaculture?

Aquaculture is the "production of marine and freshwater fish, shellfish, and plants under con-



<http://thenaa.net/>
www.kansasaquaculture.org

ditions for human consumption and other purposes, such as sport fishing and restoring populations of endangered species." Commonly known as fish

farming, aquaculture has been used for over 4,000 years.

Aquaculture is the best way to meet consumer demand for fish protein. It is regulated by the FDA, USDA, EPA, NOAA, and the U.S. Dept. of Interior's Fish and Wildlife Service. Many state and local agencies also participate.

Because of aquaculture, world fish production has increased from 9% in 1980 to 47% in 2010.

Source: Food Technology, May 2013