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Stay Norovirus-Free:

- Wash your hands often with soap and water
- Wash fruits and vegetables with water
- Clean and disinfect contaminated surfaces
- Wash laundry thoroughly
- Cook shellfish thoroughly

Source: www.cdc.gov/norovirus

Wash Reusable Cloth Bags



While reusable cloth bags are convenient and help reduce the use of plastic bags, they also need proper care and cleaning to prevent the spread of disease.



A case of highly contagious norovirus caused foodborne illness in an Oregon soccer team in 2010. After investigation, it was found the illness was associ-

ated with a reusable cloth bag. The bag had been stored in a bathroom with a person who got sick. The bag contained fresh grapes, packaged cookies and packaged chips. The next day, the bag was taken to a lunch and the food was served.

The norovirus aerosolized from vomiting within the bathroom to the cloth bag. When people handled the bag, then handled the food in the bag, the virus was spread from their hands to the food and ultimately consumed.

Therefore, store cloth bags for food use properly in a location where contamination is minimal. Frequently wash the bags. Simply washing reusable cloth bags between uses in the machine or by hand with soap and water is as effective as using bleach. Washing reduces bacteria by 99.9 percent.

Sources: <http://bit.ly/cGngx2>, <http://bit.ly/J1v0E6>

Cherry Pickin' Time!

Early summer is time for cherries. Dubbed a "super fruit," cherries can possibly give anti-inflammatory benefits, reduce pain from gout and arthritis and improve heart health.

Choose cherries that are clean, bright, plump and shiny. Store them unwashed in a plastic bag in the refrigerator for 2-3 days. Otherwise, clean, remove pits and freeze for later use.

Cherries are naturally fat free, cholesterol and sodium free, and great sources of fiber and vitamins A and C.

Source: www.fruitsandveggiesmatter.org



What are Garlic Scapes?

A 'scape' is a botanical term for a stem which bears a flower. Garlic scapes are the immature flower stems of garlic (*Allium sativum*). Garlic cultivars reproduce vegetatively and have been selected to no longer produce true seeds. Thus, garlic flowers of most cultivars are sterile and only produce topsets (bulbils).

Garlic scapes have a mild, gentle garlic flavor and can be added to any dish in place of onion or garlic. Once only discarded so the garlic plant energy focused on the bulb, they are being used as an ingredient.

Look for garlic scapes at farmers markets. They are long, curved or curly stalks that are smooth

and firm. Refrigerate for up to a month in a paper bag. They can also be blanched and frozen for about six months.

Use them like scallions or green onions. Puree them into pesto. Slice and garnish eggs for breakfast. Enjoy!

Source: Fine Cooking, June/July 2012



Garlic scapes
Source: [Washington State University Extension](#)

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Bakes sales are an American tradition. Participants "bake their best" for a good cause. People who donate baked goods tend to become "known" for certain goodies!

Bake Sale Tips

Bake sales are a popular way to raise money and help build positive community support.

The Home Baking Association has a flyer with tips to have a successful

bake sale. Kids can be involved planning, scheduling workers, calculating costs and profits, and much more. It also teaches food safety, economics, communication and other life skills. In

the end, the funds can be used for many causes. It is always good to share the wealth! Learn more at www.homebaking.org/PDF/bake_sale_flyer.pdf.

New Resources from HBA

The Home Baking Association (HBA) has created some new baking resources for better bread making.

- [Temperatures for Yeast Bread Production](#)
- [What Happened to the Yeast Bread?](#)
- [Yeast Bread Handling and Storage](#)
- [100% Whole Wheat Bread Recipe](#)



"Green" Nonstick Cookware



GreenPan™ with Thermolon™ non-stick technology

The technology of nonstick cookware was accidentally found in the late 1930s. Twenty years later, the compound polytetrafluoroethylene (PTFE) was applied to cookware to make it nonstick. Home cooks found that not having food stick to frying pans and other appliances as revolutionary.

But in recent years, concerns that PTFE degrades releases fluorocarbons and other fumes into the air have increased. This happens at temperatures above 500°F. Over time, the coating can fall off. Currently, changes are being made to change the non-stick cookware coating by year 2015.

"Green" nonstick cookware is based on ceramic and silicone. They are PTFE-free and more eco-friendly. Ceramic powder is baked onto the pan. But over time, it will degrade and there is little proof it is better or lasts longer than PTFE. Other "green" pans have a silicone coating but do not work well with direct heat from stovetop cooking.

Source: Fine Cooking, June/July 2012; Cook's Illustrated, Sept. 2009; Consumer Reports, Jan. 2011



What are Pluots© and Apriums©?

Part plum, part apricot, pluots have been in stores since the late 20th century. They were invented by Floyd Zaiger and are grown in Washington and California.

They have a smooth skin like plums because they are mostly plum in heritage. Some are called interspecific plums or dinosaur eggs. They are similar to Apriums© which are mostly apricot

in heritage. Apriums have a fuzzy skin like apricots.

Both are sweet as the sugar content is higher than plums and apricots alone.

Source: <http://bit.ly/3TcZT>

Pluot and aprium season runs from May through September. Choose plum, firm fruit with developed color, no blemishes or broken skin.

Pack a Picnic...Safely



Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for food-borne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

If you don't have access to running water, simply use a water jug, some soap, and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.

Take care to keep all utensils and platters clean when preparing food. *Never* reuse a plate or utensils that previously held raw meat, poultry, or seafood for serving — unless they've been washed first in hot, soapy water. Otherwise, you can spread bacteria from the raw juices to your cooked or ready-to-eat food.

Source: <http://1.usa.gov/chjqQ3>

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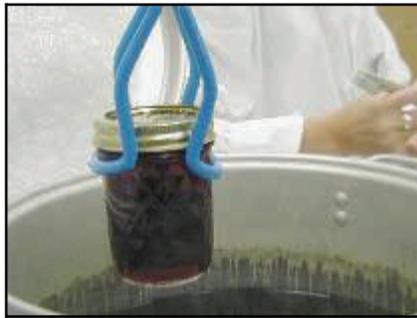
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Liquid vs. Dry Pectin



When making jellied fruit products, pectin is a key ingredient so the product will gel. Some fruits do not need added pectin, but some do. Recipes are made using dry or liquid pectin. These types of pectin are not interchangeable.



Pectins are a group of pectic polysaccharides, or long-chain carbohydrate molecules. They contain chains of esterified galacturonic chains that have different binding sites in a liquid form versus the dry form of pectin. Therefore, how the gelling process works when using liquid versus dry pectin is very different. Liquid pectin is not rehydrated dry pectin. The acid content of liquid and dry pectin is also different which changes gelling properties.

Again, one cannot be substituted for the other. Use the pectin the recipe requires for best results.

Source: Dr. Elizabeth Address, Univ. of Georgia Extension



Karen Blakeslee, M.S.

On the Web at
www.rrc.ksu.edu



What is Farro?

Farro is an Italian wheat also known as Emmer, Einkorn, and spelt. Which one tied to farro



Emmer wheat—USDA

depends on which region of Italy it is grown.

Farro is an ancient strain of wheat.

It is a low-yield crop. Some believe it makes an excellent pasta. But

because of low-yield, durum wheat is now commonly used for making pasta.

Farro is gaining popularity as a gourmet food. In Tuscany and Umbria it is used for special soups. When shopping for farro, look for "whole farro" to get the best nutritional benefit.

Source: www.wholegrainscouncil.org