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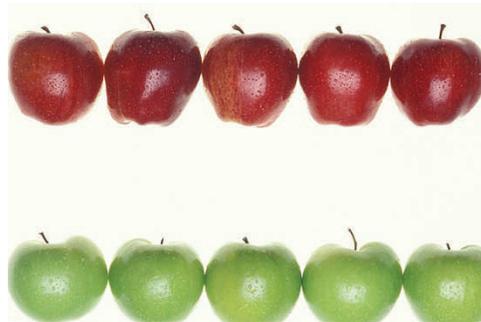


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The Perfect Apple?



Apples are a nutritious food but when they turn brown after cutting, they can turn off many consumers. So is it possible to have an apple that doesn't brown? Possibly.



A study published in Chemical & Engineering News reported that a new apple variety called Arctic® has been genetically engineered to turn off the browning reaction. The apple is currently going through the long regulatory process to deem it safe for human

consumption. So far, no evidence proves they are not safe.

The browning reaction in apples occurs when the polyphenol oxidase (PPO) enzyme oxidizes phenols into quinones. Further reactions result in the dark-colored polyphenols and the brown color. So in these new apples, keeping the PPO from converting to quinones is what prevents browning and could even improve nutritional content.

Debate continues about cross-pollination of these apples with conventional or organic apple trees.

Read more about Arctic® apples at <http://bit.ly/14R1X5W>.

<http://www.arcticapples.com/>

Clean Hands Save Lives

As county fair season gets closer, don't forget about handling animals and food safety.

The Centers for Disease Control and Prevention have posters you can

download and post in various animal areas. There are also posters for other areas of the fairgrounds. Some are also in Spanish.

Look for these and other

handwashing information at www.cdc.gov/handwashing/resources.html. Scroll down to "Posters" for five poster options.



Listeria in Your Refrigerator

If you eat food contaminated with bacteria called *Listeria*, you could get so sick that you have to be hospitalized. And for certain vulnerable people, the illness could be fatal.

Those most at risk for listeriosis include pregnant women, older adults and people with compromised immune

systems and certain chronic medical conditions. In pregnant women, listeriosis can cause miscarriage, still-birth, and serious illness or death in newborn babies.

Unlike most bacteria, *Listeria* germs can grow and spread in the refrigerator. So if you unknowingly refrigerate

Listeria-contaminated food, the germs not only multiply at the cool temperature, they could contaminate your refrigerator and spread to other foods there, increasing the likelihood that you and your family will become sick.

Learn more at <http://1.usa.gov/YKQ14c>



- **Keep cold foods cold.**
- **Clean refrigerators regularly.**
- **Keep hands and surfaces clean.**

Blue Ball® Canning Jars



As mentioned in the April 2013 edition of this newsletter, Ball® has released Limited edition blue canning jars this year to commemorate the 100th anniversary of the Perfect Mason can-

ning jar. While these will be fun to use, they should not be used for canned foods entered into County fairs or the State fair.

This is because jars of

food are judged visually and not opened. The blue color will hinder the judge from making a proper decision. Please use clear jars for all canned foods entered at fairs!

Food Safety is a Shared Responsibility

Recent reports on antimicrobial resistance in meat have raised consumer concerns about "superbugs" in the meat supply. These concerns are due to misinterpretation of data. Animal agriculture has been targeted over the years for misusing antibiotics.

The U.S. Food and Drug Administration states "We believe that it is inaccurate and alarmist to define bacteria resistant to one, or even a few, antimicrobials as "superbugs" if these same bacteria are still treatable by other commonly used antibiotics. This is especially misleading when speaking of bacteria that do not cause foodborne disease."

Bottom line, food safety is a shared responsibility. Bacteria exist everywhere, not just food. Practical food safety practices can lead to safe food.



Source: International Food Information Council
<http://bit.ly/YFtJOS>



Food Insecurity Among Households With Working-Age Adults With Disabilities



Food Insecurity and Disabilities

Medical conditions or health impairments can limit a persons activities in many ways. But many may not think that limited access to a good quality diet or insufficient food sources to be a problem. In fact, food insecurity is evident in one in three U.S. households where an adult is disabled. Disabled adults in an estimated 38 percent of those households had very low food security.

Disabilities can lead to lower wages, higher medical expenses, exacerbated health conditions and much more. Eating patterns are disrupted, food intake is reduced, food shopping is difficult, food preparation can be challenging, and managing food resources are complex.

One study found that people with work-limiting disabilities need two and a half times the income of an able-bodied person to be food secure.

Learn more about this issue in the May 2013 issue of [Amber Waves](#).

National Festival of Breads

Make your plans now to attend the 2013 National Festival of Breads!

The public portion of this event is June 22, 2013 in Manhattan, KS at the Hilton Garden Inn and

Convention Center.

The schedule will be posted on the [National Festival of Breads web-site](#) soon. There will be demonstrations from King Arthur Flour and

other baking professionals, shopping for wheat-related products, and of course meeting the finalists and seeing their winning breads being made.



Foods to Improve Eye Health

To help give your eye health an advantage, try these top five foods:



Source: <http://bit.ly/10dOX2U>

- **Kale**—Rich in lutein and zeaxanthin to protect eyes from sunlight damage, reduce risks of cataracts and macular degeneration.
- **Sweet Potatoes**—Full of beta carotene to slow macular degeneration damage, help prevent dry eyes, night blindness, and eye infections.
- **Strawberries**—High vitamin C content lowers risk of cataracts.
- **Salmon**—Omega-3 fatty acids alleviates dry eye problems. Vitamin D also protects against macular degeneration.
- **Green Tea**—Not only relaxing, but can help lower risk of cataracts and macular degeneration.

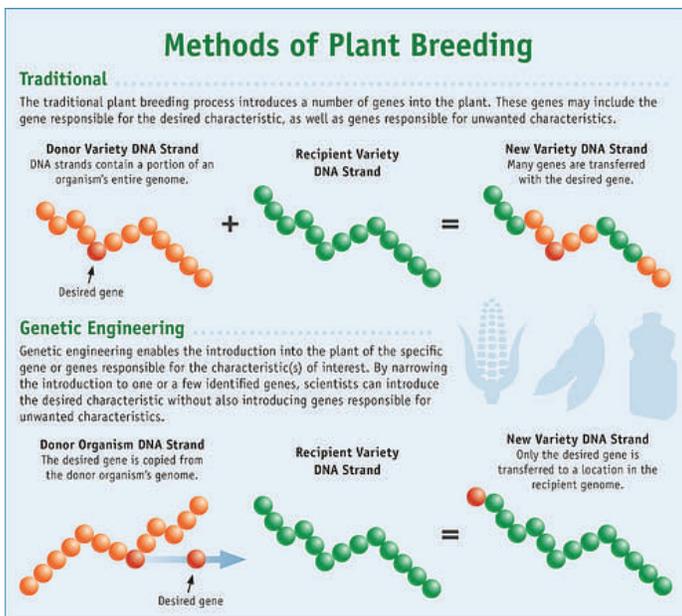


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Safety of Genetically Engineered Foods

The use of genetic engineering in foods has been used for about 20 years. The U.S. Food and Drug Administration helps regulates these and other foods to help ensure they are safe to eat. Here's how plant breeding works. Learn more at www.fda.gov/ForConsumers/ConsumerUpdates/ucm352067.htm.



Rosemary—More Than a Tasty Herb?

Rosemary is a popular herb to add flavor to foods. But, it is also believed to provide health benefits. These possible benefits include better memory, improved thyroid function, aid in digestion, increased hair growth, lightened mood, and eased anxiety.



and eased anxiety.

ancient Greece and traditional Chinese medicine, human research studies are few to validate the claims.

Bottom line, rosemary supplements are not necessary. There are questions about herb-drug interactions, contraindications, and side effects. Pregnant women should avoid any oral supplement.

Source: <http://bit.ly/12xA52s>

But with this long list of possible benefits, which dates back to



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu

