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## Canning Previously Frozen Tomatoes



Photo: University of Georgia Extension

Recommendations for home canning tomatoes are developed using fresh food. The processing procedures are specific to the fresh food characteristics.

There are cases, however, when the home canner does not have enough tomatoes to justify a canning session. So the tomatoes are frozen for later use. So are they safe to can after freezing?

Frozen tomatoes could pack into jars differently than freshly prepared toma-

atoes and cause overfilling of jars since they are softer when thawed. Overfilling can result in under-processing (and therefore possible spoilage on the shelf) and possibly under-acidification with more tomatoes in the jar than expected. Process times are dependent on food being prepared as described in the preparation steps printed with the time. The best recommendation is to use these tomatoes in something that is well cooked like stewed or crushed tomatoes.

The only way to consider doing this with tomatoes is to freeze the tomatoes for a very short time of just a few weeks at most, without any other added liquid or ingredients. Then when you have enough, thaw them completely and use all the tomatoes and their juices in the pack to make the crushed tomatoes with the hot pack method.

Source: Dr. Elizabeth Andress, University of Georgia

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## Food Storage Publications Updated

Two popular publications from K-State Research and Extension are hot off the press in a new format!

Food storage questions are popular. Two publica-

tions can help answer those questions. They include:

- [Safe Food Storage: The Refrigerator and Freezer](#)

- [Safe Food Storage: The Cupboard](#)

They are available to purchase from the [KSRE Bookstore](#) or can be downloaded for free from the internet.

## Is Food Safety Making the Grade?

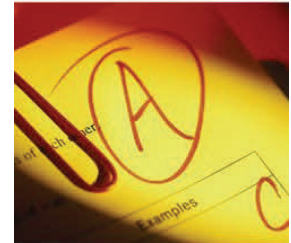
The nation's food safety grades are out and the results are mixed. CDC's annual report card shows that foodborne infections continue to be an important public health problem in the United States.

The rate of salmonella infections decreased by about nine percent in 2013 compared with the

previous three years, bringing it to the rate last observed in the 2006-2008 baseline period. But campylobacter infections, often linked to dairy products and chicken, have risen 13 percent since 2006-2008. *Vibrio* infections, often linked to eating raw shellfish, were at the highest level observed

since active tracking began in 1996; however, rates of infections caused by *Vibrio vulnificus*, the most severe species, have remained steady. Rates of the other foodborne infections tracked have not changed since the period between 2006 and 2008.

Learn more at <http://1.usa.gov/1nuE4r6>



# FOOD SAFETY

## PROGRESS REPORT FOR 2013



Disease Agents	Percentage change in 2013 compared with 2006-2008		2013 rate per 100,000 Population	2020 target rate per 100,000 Population	CDC estimates that...
<i>Campylobacter</i>		 13% increase	13.82	 8.5	For every <i>Campylobacter</i> case reported, there are 30 cases not diagnosed
<i>Escherichia coli</i> O157		No change	1.15	 0.6	For every <i>E. coli</i> O157 case reported, there are 26 cases not diagnosed
<i>Listeria</i>		No change	0.26	 0.2	For every <i>Listeria</i> case reported, there are 2 cases not diagnosed
<i>Salmonella</i>		No change	15.19	 11.4	For every <i>Salmonella</i> case reported, there are 29 cases not diagnosed
<i>Vibrio</i>		 75% increase	0.51	 0.2	For every <i>Vibrio parahaemolyticus</i> case reported, there are 142 cases not diagnosed
<i>Yersinia</i>		No change	0.36	 0.3	For every <i>Yersinia</i> case reported, there are 123 cases not diagnosed



For more information, see <http://www.cdc.gov/foodnet/>  
Preliminary FoodNet 2013 Data

## Dark Chocolate and Your Heart Health



Dark chocolate has another benefit to your health. Researchers at Louisiana State University found that bacteria in the gut feast on chocolate to produce anti-inflammatory compounds.

The gut contains lactic acid bacteria and *Bifidobacterium* which are considered good bacteria. They consume the dark chocolate and ferment it resulting in anti-inflammatory compounds. They are absorbed into the body and reduce cardiovascular tissue inflammation. This reduces the risk of having a stroke.

The study showed that the cocoa powder in chocolate contains antioxidants and a small amount of dietary fiber. Once these compounds reach the colon, the good bacteria converts them into the beneficial anti-inflammatory compounds.

While this preliminary study was done on a model digestive tract, it is promising research for heart health.



Source: <http://bit.ly/1qG03bi>

## Delamination in Cookies

Delamination sounds scary, but it is a term used in the cookie industry to describe a defect. It can also occur in home baked cookies. So what is it?

Delamination is a separation in the cookie structure that leaves an open gap inside the cookie. It happens when there is too much chemical leavening, such as baking powder or baking soda.

It may also occur if the leavening is not mixed into the batter evenly leaving sporadic amounts in the dough. When baked, the dough rises too much, sets, and causes pockets.



**This is a snickerdoodle with delamination.**



**Other foods with magnesium include halibut, low-fat vanilla yogurt and leafy greens. USDA/ARS**

## Magnesium: The Forgotten Mineral

If you are at risk of developing diabetes, magnesium in your diet can reduce the onset of this disease. At least half of U.S. consumers eat enough magnesium each day. The recommendation is to consume 400-420 milligrams for adult men and 310-320 for adult women. So what foods are good sources of magnesium?

- Seeds—pumpkin, squash, sesame
- Ready-to-eat cereals such as bran and shredded wheat; whole grains
- Nuts and nut butters
- Dark chocolate—70% or more cocoa content
- Beans—white beans, black beans, soybeans

Source: Tufts Health & Nutrition Letter, May 2014

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



## Pre-Sterilizing Canning Jars



**When a process time is 10 minutes or more, the jars will be sterilized DURING processing in the canner.**

Whether brand new or re-used many times over, you should always *clean* jars just prior to filling them when canning. Wash jars in a dishwasher or by hand, using detergent and rinsing well. Clean jars should then be



kept warm prior to filling. You can leave them in the closed dishwasher after the cycle, or use your canner as it is preheating, or create a separate water bath that will keep the jars both clean and warm.

Washing is also a good time to inspect jars for any cracks or chips, discarding or re-purposing those jars for non-canning uses if any imperfections are found. If you see scales or film from hard water left on your jars, then remove this by soaking jars for several hours in a solution containing 1 cup of vinegar (5% acidity) per gallon of water.

Learn more at <http://bit.ly/1ieJiae>.

## Canning on Portable Burners

If you have a smooth cooktop and the manufacturer says not to can on it, then you might find yourself looking for an alternative. The alternatives for canning (if you have one of these no-canning recommended smooth cooktop ranges) are either to purchase and install a permanent set of electric coil or gas burners as a range top (without an oven) or to purchase a portable electric coil or gas burner.

And that is where important decisions come in to play. An

installed range top requires the utilities to support it and can be quite expensive as a second range top. As for portable burners, they are not all alike and not all portable burners are appropriate for canning. First of all, check the burner manufacturer's specifications and directions or contact their customer service department for more specific information about the appropriate use of a particular burner for canning.

For more details, see <http://bit.ly/1q819oE>.