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## Plan the Garden to Preserve Food Later



Gardeners rejoice! Spring is on its way and now is the time to plan what produce to plant. Besides planning what to put in the ground, plan ahead to preserve the bountiful harvest.



Depending on ground space and weather, growing a garden can yield fresh, nutritious produce to enjoy throughout the year. Two resources can help with your planning.

The first is K-State's [Vegetable Garden Planting Guide](#). It gives vegetable yields per 100 feet of land, planting guidance, and a planting calendar from planting to harvest. For example, 100 feet of green beans should yield 120 pounds of beans. Yield can also be calculated per person. For green beans, 15-16 feet of plantings per person.

Based on what is planted, plans can be made to preserve the produce. To can the green beans in the above example, the 120 pounds of beans will make about 60 quarts of canned beans. An [approximate yield chart](#) can be found in Table 2 of So Easy to Preserve, 6th edition.

For more gardening information, see [www.hfrr.ksu.edu/p.aspx?tabid=583](http://www.hfrr.ksu.edu/p.aspx?tabid=583).

## Time to Test Pressure Gauges

To ensure safe food processing with a pressure canner, dial gauge units must be tested yearly to verify accuracy.

Presto Industries offers a testing unit that is used

by many Extension offices to offer this service. The following brands of pressure canners can be tested with this device:

- Presto
- National

- Magic Seal
- Maid of Honor
- Kwik-Kook
- Cook Rite

**Do not** test All American canner gauges with the Presto tester!



## Broccoli Leaves: The New Kale?

Could broccoli leaves be the new “it” food? Fresh broccoli sold in grocery stores is without the leaves as consumers just want the florets. Growers chop the leaves into mulch.

Broccoli leaves are edible. It is best to use them when young and tender. Older, tough leaves tend to be bitter in taste. They look similar to collard greens.

If you grow broccoli, save the leaves. Store unwashed in plastic bags in the crisper drawer up to two weeks. Use evenly colored leaves with no holes.

Add broccoli leaves to soup and stew. Roast into chips, use as a wrap, add to stir-fries, sauté with garlic for pasta, or grind into pesto.

Broccoli leaves pair well

with citrus flavors making them a great addition to fruit smoothies. They also work well with smoky flavors and Asian meals.

Broccoli leaves are a rich source of vitamin A. They are also a good source of calcium.

Sources: Fine Cooking, Feb/Mar 2015

Univ. of Kentucky,  
[www2.ca.uky.edu/aac/pubs/fshe/fshe7/fshe7.pdf](http://www2.ca.uky.edu/aac/pubs/fshe/fshe7/fshe7.pdf)



**Young broccoli leaves**  
Photo: Univ. of Minnesota Extension



**Dial gauges on All American canners cannot be tested with the Presto gauge tester!**

## All American Pressure Canner Gauge

The All American Pressure cooker/canner is a weighted gauge canner. The dial gauge is on the lid for **reference only!** The gauge helps the user know when the canner is pressurized and when

the pressure has dropped to zero to remove the lid safely.

The gauge should be within +/- 2 psi of what the weighted gauge is set at when it jiggles. If

the gauge is more than +/- of what the weight is set at when it jiggles, the dial gauge should be replaced.

Source: [www.allamerican-chefsdesign.com/admin/FileUploads/Product\\_58.pdf](http://www.allamerican-chefsdesign.com/admin/FileUploads/Product_58.pdf)  
see page 11

## National Nutrition Month®

The Academy of Nutrition and Dietetics designates March as National Nutrition Month® to focus attention on informed food choices and sound eating and physical activity habits.

The theme for 2015 is “Bite into a Healthy Lifestyle.” The goal is to encourage consuming fewer calories, getting daily exercise, maintain a healthy weight, reduce chronic disease risks, and promote overall health.

Learn more about this event and ideas to help promote a healthy lifestyle at [www.nationalnutritionmonth.org/nnm/](http://www.nationalnutritionmonth.org/nnm/).



## Restaurant Inspection Scores—There's an App!

Want to know how your favorite restaurant scored on their food safety inspections? There's an app for that! Inspection data is public information, but it can be difficult to find or understand.

HDScores (Health Department Inspection Scores) is a free app available for iOS and Android systems. The web app will be available soon.

HDScores currently collects data from health department inspections across North America and United Kingdom. In the U.S., they have access to 1,732 health departments out of 2,550 total health departments/agencies. This covers 77.62 percent of the U.S. population. The entire state of Kansas is in this database. The data is near real time and comes from digital and paper reports. Once data is received, they can have it in this system within 24 hours. The goal is to make this a world wide system.

Learn more at <http://hdscores.com/>.



<http://hdscores.com/>



## New Ball Blue Book for 2015

The Ball Blue Book is a "go to" source for many home food preservation enthusiasts for over 100 years. The 37th edition has a new look and 75 new recipes.

In the 200 pages are over 500 recipes for canning, pickling, dehydrating, freezing, and much more. These tested recipes help consumers preserve food safely for later use.

Learn more about this new book at [www.freshpreservingstore.com/blue-book-guide-to-preserving/shop/633468/](http://www.freshpreservingstore.com/blue-book-guide-to-preserving/shop/633468/).



## New Research on Diet and Cholesterol

Your genetics determines 80 percent of your blood cholesterol. The rest comes from the food you eat. This comes from new research that shows past dietary guidelines were wrong and have been wrong for decades.

Saturated fat and trans fat have a direct influence on blood cholesterol levels. This is in foods such as meat, bacon, cheese and butter. One in four people who are genetically predisposed to high blood cholesterol may still have to limit their intake of high cholesterol foods. This includes eggs, shellfish, liver and others.

As the Dietary Guidelines Advisory Committee works to update the dietary guidelines, remember to always follow your personal physician's recommendations.

Learn more at [www.healthfinder.gov/News/Article/696375/us-advisers-rethink-cholesterol-risk-from-foods-report](http://www.healthfinder.gov/News/Article/696375/us-advisers-rethink-cholesterol-risk-from-foods-report).

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## There May Be Milk in That Dark Chocolate



If you or someone in your household is allergic to milk, take heed: a recent study by the Food and Drug Administration tested 100 dark chocolate products and found that many contained milk. More importantly, you can't always tell that's the case simply by reading the food label.

A manufacturer may not intend to use milk in a dark chocolate prod-

uct. But if the dark chocolate product shares equipment with, for example, a milk chocolate product, traces of milk may inadvertently wind up in the dark chocolate.

What can consumers do? Consumers who are allergic to milk should be aware that a high proportion of tested dark chocolates contained milk. Because of the uncertainty, consumers with milk allergies should contact the manufacturer to learn how they control allergens during production.

Learn more at [www.fda.gov/ForConsumers/ConsumerUpdates/ucm433555.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm433555.htm)



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



## Eat Green in March!

St. Patrick's Day is not the only day to be green! There are many ways to eat green at every meal.



<http://food.unl.edu/fnh/green-stpatricks-day>

**Breakfast**—add green peppers and green onions to omelets. A side of green grapes brightens any morning.

**Lunch**—Fresh lettuce and spinach can perk up any sandwich. Dip some broccoli and celery in a zesty dip for some extra crunch for lunch.

**Dinner**—Tender asparagus adds a punch of green to spring meals. For a dessert, try a fruit cup with green apples and kiwi fruit.

It can be easy to eat green!