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FoodKeeper App to Reduce Food Waste



The FoodKeeper app is available for Android and Apple devices

How many times have you gone into your pantry or refrigerator, only to find that what you were going to use in your meal was spoiled? The USDA, Cornell University and the Food Marketing Institute would like to help avoid that problem in the future with the new application, the FoodKeeper.

Every year, billions of pounds of good food go to waste in the U.S. because home cooks are not sure of the quality

or safety of items. USDA estimates that 21% of the available food in the U.S. goes uneaten at the consumer level. In total, 36 pounds of food per person is wasted each month at the retail and consumer levels!

The FoodKeeper app features include:

- Find specific storage timelines for the refrigerator, freezer, and pantry;
- Get cooking tips for cooking methods of meat, poultry and seafood products;
- Note in your devices' calendar when products were purchased and receive notifications when they are nearing the end of their recommended storage date.

Learn more about this app at <http://1.usa.gov/1y2T9ub>.

Fighting Food Fraud

Adulteration of foods can happen either intentionally or unintentionally. Another form is called economically motivated adulteration. This is fraud committed for financial gain. The more complex the food chain is, the

more vulnerable the food is to fraud.

The leading categories of food fraud include:

- **Olive oil**—Olive oil is substituted or diluted with other oils.

- **Fish and seafood**—High-value fish substituted with low-value fish.

- **Milk and milk products**—Cows milk adulterated with other animal milk.

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Coffee Storage Tips

Cool, dry, and dark. Three important factors for storing coffee to maintain freshness and flavor. Coffee beans can become stale and lose flavor if stored in fancy containers for decoration.

Choose air-tight glass or ceramic containers. Keep coffee out of cabinets near the stove or outside

kitchen walls because of summer heat.

Buy enough coffee so that it is used in a short amount of time. Freshly roasted coffee becomes stale quickly, so purchase in small quantities to last one to two weeks.

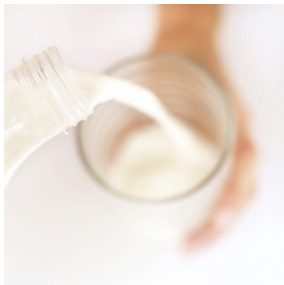
If buying large amounts of coffee, freeze it for later use. Divide coffee

into smaller portions and place in airtight bags. Freeze up to one month. Once out of the freezer, store in a cool, dry place.

For more tips on coffee, see the National Coffee Association website at www.ncausa.org/ and select "Knowledge Bank."



Drink Your Milk!



Aging puts stress on many parts of the body, including the brain. To help reduce the onset of Alzheimer's, dementia, Parkinson's disease, and other conditions, the antioxidant glutathione may help.

Glutathione is in milk and can help reduce oxidative stress in the brain. Research showed that the more milk participants consumed, the higher the glutathione concentration in the brain. More research is needed to determine more specific

benefits of milk consumption.

Most consumers get one serving of dairy foods a day, well below the recommended three servings.

Source: <http://ajcn.nutrition.org/>

Juicing vs. Blending

Which is better? Juicing or blending fruit? The process of juicing is a trend touted for its "detoxification" powers. Juicing machines separate the water, vitamins, antioxidants, and fructose from the fruit. Unfortunately, the pulp and skin are removed which includes beneficial fiber and more antioxidants. Diabetics may see a spike in blood sugar counts because of the high fructose content and lack of fiber.

Blending is where the whole fruit is blended to retain all components of the fruit including the beneficial fiber. When consumed, there is a higher feeling of fullness and higher nutritional benefit.

While juicing provides a healthy beverage, more nutritional value is gained from blending the whole fruit.

Source: Tufts University Health & Nutrition Letter



Blend a variety of whole fruits together for a refreshing healthy drink.

The Next Protein Superfood? Water Lentils



Common Duckweed
Lemna minor
Photo courtesy Aquaplant, Texas A&M Extension

Maybe you've seen ponds or wetlands with a green plant growing on top of the water. It may look like algae, but it just might be water lentils, also known as duckweed. These tiny green seeds are packed with protein that is comparable to whey and higher than pea and soy protein.

Water lentils (Lemna) grow quickly, doubling every 16 to 32 hours because it reproduces itself. So they can be harvested every day. It is currently used in southeast Asia, Africa, and other regions in human and animal foods. It is just starting to be used in the U.S. in two forms, a water lentil concentrate and a Lemna flour. Potential markets include snack bars, protein beverages, and snack chips.

Water lentils are sustainable because 100 percent of the plant is harvested and the water is recycled.

Source: www.foodnavigator-usa.com/Suppliers2/Could-Lemna-water-lentil-be-the-next-big-plant-based-protein



A Salad a Day!

With spring in full swing and summer almost here, lightening up meals with a salad can brighten the day. Need some new ideas? Check out www.fruitsandveggiesmorematters.org/30-days-of

-salad for some cool combinations.

- Chickpeas, kidney beans, and steamed cut green beans in Italian vinaigrette.
- Chopped spinach, quinoa, parsley, cucumber, tomatoes, and hummus.
- Kale, orange segments, roasted turkey breast, and walnuts.



Learn about Preserving Strawberries at www.ksre.ksu.edu/bookstore/pubs/MF1178.PDF

It's Strawberry Season!

Strawberries are the first fruit to ripen in the spring! Fresh strawberries are tasty by themselves or in any meal or beverage. Here are some fun facts!

- Eight strawberries contain more vitamin C than one orange.
- A serving (1 cup) of strawberries has twice as much fiber as a serving of grapes.
- Strawberry flavor is influenced by weather, the variety, and stage of ripeness when harvested.
- On average, there are 200 seeds in a strawberry.

Learn more at <http://urbanext.illinois.edu/strawberries/index.cfm> and www.californiastrawberries.com/

Knowledge for Life

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Food Fraud, cont.



Food Fraud Database is at www.foodfraud.org/

- **Honey, Maple Syrup, and Other Natural Sweeteners**—Other syrups or sugars are added. Honey has also contained unapproved antibiotics or other additives
- **Fruit Juice**—Some are diluted with water or other juices.



- **Coffee and Tea**—Ground coffee may contain twigs or leaves, roasted corn, ground roasted barley, or roasted ground parchment. Instant coffee may have chicory, cereals, caramel, parchment, starch, malt, and figs. Tea may have leaves of other plants, color additives, or colored sawdust.
- **Spices**—Saffron may have glycerin, sandalwood dust, tartrazine, barium sulfate, and borax. Ground black pepper may have added starch, papaya seeds, buckwheat, flour, twigs, and millet. Other spices connected to fraud include vanilla extract, turmeric, star anise, paprika, and chili powder.
- **Organic Foods**—Conventionally grown foods labeled as organic.

Source: Food Technology, March 2015



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On the Web at
www.rrc.ksu.edu



Get the “Blues” with Blueberries

Blueberries pack a punch for nutrition benefits. They are Americans’ second favorite berry behind strawberries. They



are rich in anthocyanins (hence the blue color), vitamin C, manganese, and dietary fiber.

Blueberries can improve blood pressure. Eating a cup of berries a day can lower systolic blood pressure 5.1%

and diastolic pressure 6.3% and possibly other health factors such as brain health, vision, gout protection, arterial function, blood sugar and more.

Anthocyanins may decrease can slow mental decline in the brain by consuming two or more half-cups of berries per week.

All this to say, eating more fruits can jump-start your health in many ways!

Source: Tufts Health & Nutrition Letter, April 2015