



### Inside this issue:

Carrageenan	2
Preserving Venison	2
New Obesity Map	2
Slashes in Breads	3
Split Peas	3
Sweet Potatoes and Yams	3
Dietary Supplements	4
Oat Groats	4

## Fall Canning Tips



**Canned apples—NCHFP**

At this writing, the calendar still says summer, but it feels like fall. Gardens may still be producing, so here are some end-of-season tips for food preservation.



- Do not can tomatoes from frost-killed or dead vines. Their pH may be higher than 4.6.
- Green tomatoes are more acidic and be canned safely.

- Can pumpkin or other winter squash varieties safely in cubes. Do not mash or puree any winter squash for canning. Freeze mashed winter squash for later use.
- Apples are here! Preserve them by canning, drying or freezing.
- Preserve soup for easy meals. Combine meat and vegetables. Add noodles, pasta or thickeners when ready to serve.

[http://nchfp.uga.edu/tips/summer/home\\_preserv\\_tomatoes.html](http://nchfp.uga.edu/tips/summer/home_preserv_tomatoes.html)

<http://nchfp.uga.edu/tips/fall/pumpkins.html>

[www.ksre.ksu.edu/bookstore/pubs/MF1187.PDF](http://www.ksre.ksu.edu/bookstore/pubs/MF1187.PDF)

[http://nchfp.uga.edu/how/can\\_04/soups.html](http://nchfp.uga.edu/how/can_04/soups.html)

### Now on Facebook and Twitter!

- On Facebook—  
[www.facebook.com/KSREfoodie](http://www.facebook.com/KSREfoodie)
- On Twitter—  
[@KSREfoodie](https://twitter.com/KSREfoodie)



## New Food Preservation Resources!

New publications available for food preservation! From K-State Research and Extension:

- [Poster display](#)
- [10 Tips for Safe Home-Canned Foods](#)

- [Sassy Safe Salsa at Home](#)

- [What's Your Elevation?](#)

- [Dry Meat Safely at Home](#)

From University of Georgia:

- [So Easy to Preserve, 6th edition](#)

- [Put It Up! - Food Preservation for Youth curriculum](#)

## What is Carrageenan?

Social media is once again attacking an ingredient for no good reason. This time it is carrageenan. So what is this ingredient?

Carrageenan is a natural starch-like ingredient extracted from red seaweed. It is used to improve texture and palatability in foods from dairy products such as

ice cream, salad dressings, soy and almond milk, infant formula and a few meat products. It helps form gels, thickens liquids, and stabilizes foods.

Those against carrageenan claim it causes inflammation in the digestive tract or that it causes cancer. These unfounded claims are

based on flawed studies and methodologies.

The safety of carrageenan has been proven. It has been used for hundreds of years.

Source:  
[www.foodinsight.org/blogs/why-you-should-care-about-carrageenan](http://www.foodinsight.org/blogs/why-you-should-care-about-carrageenan)



**In dairy foods, carrageenan prevents separation and keeps other ingredients, such as cocoa powder, in suspension.**



**For more information on care and handling of wild game and birds, see**  
[www.ksre.ksu.edu/FoodSafety/p.aspx?tabid=33](http://www.ksre.ksu.edu/FoodSafety/p.aspx?tabid=33)

## Preserving Venison

Deer season is almost here. Now is the time to prepare for preserving your venison by canning, freezing, curing or drying.

One of the most common errors is contaminating

the carcass during field-dressing. Cool the carcass quickly to 35-40°F.

Aging the meat helps remove the game taste and helps tenderize the meat. Never age at room

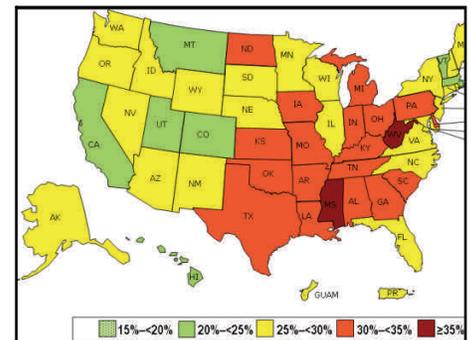
temperature. Store at or below 40°F for 2-3 days.

For more information, see "Canning Low Acid Foods" at [www.rrc.ksu.edu/p.aspx?tabid=28](http://www.rrc.ksu.edu/p.aspx?tabid=28)

## Latest Obesity Map from CDC

Obesity prevalence in 2013 varies across the country. Here is a summary.

- No state is under 20%.
- Seven states and the District of Columbia are between 20% and <25%.
- 23 states are between 25% and <30%.
- 18 states (including Kansas) are between 30% and <35%.
- Two states are 35% or greater.
- The South has the highest prevalence of obesity followed by the Midwest, Northeast, and the West.



[www.cdc.gov/obesity/data/prevalence-maps.html](http://www.cdc.gov/obesity/data/prevalence-maps.html)

## Slashes Not Just for Looks



USDA/ARS

Rustic or artisan style breads are popular in restaurants and at home. Many recipes say to slash the dough just before baking. While the slashes add creative designs, they actually serve an important purpose.

Slashing creates weak areas in the dough surface. This allows the interior of the loaf to expand properly and completely in the right direction. Without the slashes, the dough will find its own weak spot and the result is a misshapen bread with an uneven crumb texture.

To slash dough, use a sharp straight-edged knife, a razor blade or a lame. Hold the blade at a 30-degree angle and cut about 1/2-inch deep. Use a quick fluid motion to prevent dragging or tearing the dough. For most breads, odd numbers of slashes (usually three) give a pleasing look to the bread.

Source: Cook's Illustrated, September 2014



### Split Peas





Rinse split peas with water – no need to soak!

**1**



Combine split peas and water, bring water to a boil.

**2**



Simmer for 30 minutes.

**3**

**For every cup of split peas, use 2 cups of water.**



**Ever tried split peas?**  
They are easy to prepare. Follow these 3 easy steps from the USA Dry Pea & Lentil Council

Learn more at  
[www.cookingwithpulses.com/](http://www.cookingwithpulses.com/)



True yam (left) and orange sweet potato (right).  
Photo courtesy of the North Carolina Sweet Potato Commission

## Are Sweet Potatoes and Yams the Same?

It's getting close to sweet potato season! So is there a difference between sweet potatoes and yams? Yes, they come from two different botanical groups.

Yams have a white color and are very different in taste and texture. True yams are imported from the Caribbean.

Sweet potatoes come from the Morning Glory family and can range in color from white to orange to purple. The orange variety was introduced to help distance itself from the white variety. Producers and shippers called the orange variety the African word "nyami" and called them "yams." The U.S. Department of Agriculture requires orange sweet potatoes be labeled as "sweet potatoes."

Source: [www.ncsweetpotatoes.com/sweet-potatoes-101/difference-between-yam-and-sweet-potato/](http://www.ncsweetpotatoes.com/sweet-potatoes-101/difference-between-yam-and-sweet-potato/)

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## Concussions and Dietary Supplements



Football season is in high gear along with heightened awareness of concussion or traumatic brain injury (TBI) prevention. Be aware that some dietary supplement companies are selling unproven products that claim to prevent, treat or cure concussions.

One of the first alarms that dietary supplements are promoted to treat TBI was raised by the U.S. Depart-

ment of Defense. Typically, dietary supplements promising relief from TBIs tout the benefits of ingredients such as turmeric (an Indian spice in the ginger family) and high levels of omega-3 fatty acids derived from fish oil. In its initial surveillance, FDA identified two companies selling multiple products claiming to prevent and treat concussions and other TBIs. One company claimed to have "the world's first supplement formulated specifically to assist concussion recovery," saying "it has the dynamic ability to minimize long-term effects and decrease recovery time."

Learn more at [www.fda.gov/ForConsumers/ConsumerUpdates/ucm378845.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm378845.htm)



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



## What are Oat Groats?

When oats are harvested, they still have a inedible hull attached to the kernel. That kernel is called a groat.



**An oat plant  
USDA/ARS**

kernel is called a groat.

During the hulling process, large machines fling the oats against a rubber ring which knocks the hull off

leaving the intact groat. After that hull is removed, the kernel is ready to be transformed into many oat products.

When oats are processed, the bran and germ typically remains. So oats are practically guaranteed to be whole grain. Most oats are made into rolled oats, quick oats, and instant oats.

Sources: [www.namamillers.org](http://www.namamillers.org)  
<http://wholegrainscouncil.org/whole-grains-101/oats-january-grain-of-the-month>