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Just Because It Seals, Doesn't Mean It's Safe!



Pickled Banana Peppers and Zucchini Relish

There is a common misconception in home canning. That is, if the lid seals, it is a safe product. The question is, what procedures were done before the lid was put on the jar?

When a lid seals on a jar, it is a sign that a vacuum seal has occurred. This is important as the final step in making a safely canned food at home. But the steps before adding the lid are even more important.

- Use a researched or tested recipe, not old or random recipes.
- Use water bath processing for high acid foods and pressure processing for low acid foods.
- Add acid to tomatoes to make them safe.
- Adjust processing for your altitude of residence. If not, the food will be underprocessed and may spoil.
- Measure headspace to get a good vacuum seal and remove air safely.

Grandma dodged illness in her day using older open kettle canning methods such as the oven, inverting jars, or the sun. Make the choice now to safely can foods for your family and friends!

Learn more at <http://www.rrc.ksu.edu/p.aspx?tabid=18>.

Food Preservation Labels for Fairs

Just a reminder to everyone entering food preservation products for all fairs.

I've judged a few food preservation items at county fairs, and the la-

bels vary greatly. Please be sure everyone reads the State Fair rules and that the labels are correct for the State Fair.

Food preservation labels and foods labels can be

found at <http://www.kansas4-h.org/p.aspx?tabid=46>. These are for county and state fair use.



Gluten-free Labeling Now Official

On August 5, 2014, any foods labeled as “gluten-free” must be compliant with the Food and Drug Administration requirements.

Foods labeled “gluten-free” must have less than 20 ppm (parts per million) gluten. This is the lowest level that can be consistently detected using scientific methods.

It is also consistent with international food safety standards.

In addition, the foods must not contain:

- an ingredient that is any type of wheat, rye, barley, or cross-breeds of these grains,
- an ingredient derived from these grains

and that has not been processed to remove gluten, or

- an ingredient derived from these grains and that has been processed to remove gluten, if it results in the food containing 20 or more parts per million (ppm) gluten

Source: www.fda.gov/ForConsumers/ConsumerUpdates/ucm363069.htm



Gluten-free banana bread

Canning Pumpkin Butter



The pumpkins are coming! These fall favorites are more than just Halloween decoration.

Making pumpkin butter for home canning is not recommended. This is

true for any mashed or pureed winter squash. This is because the high density of the product gives inconsistent heating through the jars.

It is best to can winter

squash in cubes. Any other squash products can be served fresh or frozen for later use.

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

Mrs. Wages Salsa

On a recent shopping trip to a local store, I discovered that Mrs. Wages now sells two varieties of their salsa mix in canisters. These can be used to serve salsa fresh, to can, or to freeze for later use.

Please note on the label, this particular mix is made into quarts. According to Kent Precision Foods Groups, maker of Mrs. Wages products, “the canister packaging unit was designed for people who harvest many tomatoes and can large amounts of salsa. The regular pouch Salsas were designed for more average salsa makers. We have tested the pH and temperature reached during processing and determined that the directions are safe.”

Just to clarify, these directions to can Mrs. Wages salsa in quart jars are **ONLY** for this product. Using these directions for any other salsa recipe in quart jars can be unsafe.



Keep Sack Lunches Safe

While many students participate in the school lunch program, many others bring lunch from home. So packing it properly is important for best quality and safety.

- **Keep everything clean**—hands, surfaces, utensils, washing produce, and more.
- **Keep hot foods hot**—use an insulated container to keep hot foods hot. Fill it with hot water to heat the container, empty, then fill with piping hot food.
- **Keep cold foods cold**—Many insulated lunch bags can keep cold foods cold with the help of a couple frozen gel packs or a frozen juice box.
- **Toss the trash**—Throw away disposable packaging. Also throw away any leftovers that require refrigeration.
- **Plan ahead**—Prepare lunches the night before to save time. Keep cold foods in the refrigerator. Then pack the lunch just before leaving home.



Learn more at www.foodsafety.gov/keep/events/backtoschool/



Children Eating More Fruit

Progress is being made in getting kids to eat more fruit. From 2003-2010, the amount of whole fruit kids aged 2-18 consumed increased 67 percent. Whole fruits replaced fruit juice to

help spur this increase. Fruit juice consumption decreased by almost one-third.

On the down side, vegetable consumption did not change during this

time. Nine in ten children are still not meeting daily recommendations for both fruits and vegetables.

Learn more at www.cdc.gov/vitalsigns/fruit-vegetables/



USDA/ARS

Making Car Parts from Tomato Fiber

Talk about cutting edge, Ford Motor Co. and H.J. Heinz Co. are looking into using tomato waste, such as peels, stems and seeds, to make sustainable, composite parts for cars.

Potential plastic parts from tomato skins include wiring brackets or storage bins to hold coins. The goal is to make the parts lightweight and strong while reducing environmental impact.

H.J. Heinz produces more than 2 million tons of tomato waste just from manufacturing ketchup.

Source: Food Technology, July 2014



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Liquid Loss in Canning Jars



There are many reasons why liquid siphons out of canning jars during processing. Here are a few:

- Not waiting 10 minutes after removing the canner lid.
- Screwing the ring on too loose.
- Not wiping the jar rim before applying the lid.
- Waiting too long to remove the canner lid.
- Pressure canner leaks steam.
- Pressure canner got bumped and the weight released pressure.
- Sudden temperature change from a cool kitchen draft.
- Improper headspace.
- Failure to remove excess air before applying the lid.
- Pressure fluctuates or is too high during processing.
- Used the raw pack method.
- Not exhausting pressure canner 10 minutes before applying the weight.

Learn more at www.rrc.ksu.edu/p.aspx?tabid=18.



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On the Web at
www.rrc.ksu.edu



For Those Pampered Pets

Premium pet foods and snacks make up 40 percent of the \$26 billion pet food market in America. So pet food manufacturers



are adding excitement to the pet food plate with flavors, gravies, look-a-like human foods, as well as foods to improve pet health.

For that “party animal” in your home, one manufacturer markets a kitty snack that your feline can enjoy while you, the human, sip on your favorite adult beverage. These snacks do not contain alcohol but have ingredients that would compliment your beverage. An example is a snack of white fish with mint leaves for your kitty to enjoy while you sip your mojito.

Source: Food Technology, July 2014