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## Food Preservation Classes Scheduled



Spring is in the air! And gardeners are itching to get their plants in the ground. It's also time to plan what will be done with the bountiful harvest.

Food preservation classes are now scheduled for the following dates/locations. Contact the host county for details and registration:

- March 29—Mankato, contact Ashley Goudey, [agoudey@ksu.edu](mailto:agoudey@ksu.edu), 785-524-4432
- April 9—Alma, contact Bernadette
- April 30—Riverton, contact Christina Holmes, [christinaholmes@ksu.edu](mailto:christinaholmes@ksu.edu), 620-429-3849
- June 10—Centralia, contact Cindy Williams, [csw@ksu.edu](mailto:csw@ksu.edu), 785-863-2212 OR Susie Latta, [slatta@ksu.edu](mailto:slatta@ksu.edu), 785-562-3531
- June 13—Abilene, contact Chelsi Myer, [chelsim@ksu.edu](mailto:chelsim@ksu.edu), 785-263-2001
- June 16 or 17—Salina, contact Leah Robinson, [lmrobins@ksu.edu](mailto:lmrobins@ksu.edu), 785-392-2147
- June 30—Hutchinson, contact Jennifer Schroeder, [jenj@ksu.edu](mailto:jenj@ksu.edu), 620-662-2371
- July 12- 13—Wichita, contact Denise Dias, [ddias@ksu.edu](mailto:ddias@ksu.edu), 316-660-0116

Trieb, [btrieb@ksu.edu](mailto:btrieb@ksu.edu), 785-765-3821

## New Food Preservation Publications

To help preserve food safely, the K-State Research and Extension food preservation publications have been updated and given a fresh look.

Some of these has some

added recipes, new information on canning with steam canners, and more. These will also be produced in Spanish soon.

It is important to stay up-to-date with home food

preservation. These publications will help!

Learn more at [www.rrc.ksu.edu/preservation/index.html](http://www.rrc.ksu.edu/preservation/index.html).

## Judging Foods and Food Preservation

Before you know it, county fair time will be here! It is time to recruit volunteers to be judges for the Foods and Food Preservation project. Classes are now scheduled and are open to potential judges, foods leaders and youth. Contact the host county for details and registration.

- April 5—Hutchinson, contact Jennifer Schroeder, [jenj@ksu.edu](mailto:jenj@ksu.edu), 785-662-2371
- April 14—Olathe, contact Crystal Futrell, [Cystal.Futrell@jocogov.org](mailto:Cystal.Futrell@jocogov.org), 913-715-7000
- April 19—El Dorado, contact Barb Roths, [broths@ksu.edu](mailto:broths@ksu.edu), 316-321-9660
- April 23—Paola, contact Karla Hightower, [khightow@ksu.edu](mailto:khightow@ksu.edu), 913-294-4306
- May 18—Salina, contact Leah Robinson, [lmrobins@ksu.edu](mailto:lmrobins@ksu.edu), 785-392-2147



## Pretty Spring Peas

**Peas can be eaten raw or cooked. Select firm, bright green, medium-sized pods for best freshness.**

Add a pop of green color to meals with Spring peas! Here are some ideas:

- Add to soup or stew.
- Add to rice or barley pilaf.
- Substitute half of the avocado in guacamole with mashed peas.
- Add to stir-fry meals.
- Liven up a green salad, pasta salad or any salad.

Learn more at [www.fruitsandveggiesmorematters.org/peas](http://www.fruitsandveggiesmorematters.org/peas).

## Are Easter Eggs Safe?

Sometimes eggs are decorated, used as decorations, and hunted at Easter. Here are some safety tips for Easter eggs.

- *Dyeing eggs:* After hard cooking eggs, dye them and return them to the refrigerator within 2 hours. If eggs are to be eaten, use a food-safe coloring. Wash your hands before and after handling eggs.
- *Hunting Eggs:* Hard cooked eggs that have been lying on the ground can pick up bacteria, especially if the shells are cracked. If the shells crack, bacteria could contaminate the inside. Hide eggs in locations protected from dirt, moisture, pets, and other sources of bacteria. Hide and hunt for the eggs within 2 hours. The "found" eggs must be washed, re-refrigerated and eaten within 7 days of cooking.



Learn more about egg safety at [www.foodsafety.gov/keep/types/eggs/](http://www.foodsafety.gov/keep/types/eggs/)



Source: Tufts Health & Nutrition Letter, Jan. 2016

## Nutrition Differences in Colored Peppers

Bell peppers can add a variety of color to many recipes. But they also add different amounts of nutrition. Red, yellow and orange peppers are the ripe versions of the green pepper. Therefore, they cost more. They are all equal in the macronutrients of protein, fat, and carbohydrate.

The differences are found in the vitamin, mineral and phytonutrient content. In the case of vitamin C, green peppers contain 80mg per 3 ounce serving. Yellow peppers have 184mg per serving. The Recommended Daily Allowance is 75-90mg per day so either pepper is a good choice.

Different colors of peppers have different amounts of carotenoids. Red peppers are bursting with beta-carotene. Yellow peppers have very little beta-carotene. Orange peppers have 10 times the amount of lutein and zeaxanthin. Carotenoids are beneficial for eye health.



Bottom line, don't skimp on peppers and add color to your meals!

## What is Cultured Corn Sugar?

As "natural" foods grow in popularity, food manufacturers look for ingredients to fit the "natural" claim.

To prohibit mold growth, the use of cultured dextrose can be used. This sugar powder is ferment-

ed. Then it is used in combination with other preservation methods such as modified atmosphere packaging, bioactive packaging and high pressure processing, and bacteriophages.

They can be use a varie-

ty of foods such as dairy products, salad dressings, ready-to-eat meals, cured meats, and baked goods.

Source: <http://bit.ly/1RhKHA5>

**One manufacturer of this product is Danisco.**

[www.danisco.com/product-range/antimicrobials/microgard/](http://www.danisco.com/product-range/antimicrobials/microgard/)

## Cooking in a Pressure Cooker

Save time, but still make low cost and nutritious meals with a pressure cooker. To use, always read and follow the manufacturer's directions and cautions for use. Some other good resources include:



- <https://extension.usu.edu/utah/files/uploads/Pantry%20to%20Plate/MealsinMinutes.pdf>
- <https://extension.usu.edu/foodsense/htm/cook/cooking-skills/pressure-cooking>
- [http://msue.anr.msu.edu/news/pressure\\_cooking\\_is\\_pleasure\\_cooking\\_part\\_1](http://msue.anr.msu.edu/news/pressure_cooking_is_pleasure_cooking_part_1)
- [http://msue.anr.msu.edu/news/pressure\\_cooking\\_is\\_pleasure\\_cooking\\_part\\_2](http://msue.anr.msu.edu/news/pressure_cooking_is_pleasure_cooking_part_2)



## Bone Broth vs. Stock



**Make your own broth! Learn more at [www.extension.iastate.edu/foodsavings/recipes/chicken-broth](http://www.extension.iastate.edu/foodsavings/recipes/chicken-broth)**

Meat bone broth is being touted as the “magic elixir of the decade.” While it’s been around for centuries and can warm a cold day, the differences between stock and broth are simmering time and the end use.

Stock is made from meat bones and vegetables, water, and spices.

It is cooked for three to four hours and used for gravies, sauces, soups and other dishes. When chilled, it usually gels because of the meat bones.

Broth is also made from meat bones and cooked for a long time, usually 24 hours. It is a stand alone item on menus. Vinegar is also added to help pull minerals out of the bones.

Is it the “magic elixir?” Some health claims include improving joint health, healing wounds quicker, improving the immune system, and rebuilding bones. While it doesn’t hurt to consume broth, it can be a part of a healthful diet.

Learn more at <http://bit.ly/1SNC13y>.



Karen Blakeslee, M.S.



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



## New Food Preservation Infographics!

Three new infographics have been created to help educate consumers on safe home food preservation.



The topics and where they can be found are:

- What’s Your Elevation?  
[www.rrc.k-state.edu/preservation/general.html](http://www.rrc.k-state.edu/preservation/general.html)

- Canning Tomatoes Safely  
[www.rrc.k-state.edu/preservation/canning.html](http://www.rrc.k-state.edu/preservation/canning.html)
- The Canner Counts!  
[www.rrc.k-state.edu/preservation/index.html](http://www.rrc.k-state.edu/preservation/index.html)

Click on the pictures of each of these to open a larger version to download and use on your social media sites.

Preserve It Fresh, Preserve It Safe!