



Inside this issue:

Farmers Market Workshops 2

Foods with vitamin C 2

Meat Sales 2

Redo Your Coffee 3

Containers for Microwaves 3

Super Bowl Food Trivia 3

Electric Pressure Cookers 4

Turmeric 4



Now on Facebook, Twitter and Pinterest!

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



Peanut Allergy Prevention



Peanuts cause 90 percent of all food allergies

Peanut allergy is the most common food allergy and the highest amongst children. There is no cure or treatment except to avoid the consumption of peanuts.

New research now shows that introducing high risk infants to peanut foods could reduce the chance of developing a peanut allergy. There are three guidelines to consider:

1. Infants at high risk because they already have severe eczema, egg allergy or both. Experts recommend introducing peanut-containing foods as early as 4-6 months of age.
2. Infants with mild to moderate eczema. Experts recommend introducing peanut-containing foods around 6 months of age.
3. Infants without eczema or any other food allergy consume peanut-containing foods freely.

With these guidelines, the results suggest that peanut allergy can be prevented when peanut-containing foods are introduced in infancy through age 5. Infants in category one above had an 81 percent reduction in developing peanut allergy.

Learn more at: <http://bit.ly/2iFKj28>

Cost of Raising a Child

The estimated cost to raise a child in 2015 from birth to age 17 is \$233,610. This is for a middle-income, married-couple family with two children.

Food costs include food and nonalcoholic beverages

purchased at grocery, convenience and specialty stores, including purchases with SNAP benefits; restaurant dining; and school meal costs.

How much of the total cost is food expenses? For a married couple with two

children, 17-25 percent per child. For a single-parent, two-child family, it is 25-34 percent per child.

Learn more about the cost to raise children at www.cnpp.usda.gov/sites/default/files/crc2015.pdf



Regional Farmers Market Workshops

KSRE is again working with the Kansas Department of Ag and the Kansas Department of Health and Environment to put on regional workshops for current and prospective Farmers Market vendors, as well as a state farmers market conference for farmers market managers and related personnel.

Registration for the regional workshops is \$20.

Locations and dates for 2017 are listed below. A website with more information and link to online registration is available from <http://bit.ly/2ig3NGB>.

- Wichita - February 4
- Olathe- February 10
- Girard- February 11

- Hays- February 17

The State Conference will be held in Manhattan, KS from March 16-17, 2017.

Contact Londa Nwadike, lnwadike@ksu.edu, for more information on the workshops and conference. View more at www.ksre.k-state.edu/foodsafety/



Looking for Foods with Vitamin C?

Look for nutritional analysis of thousands of foods at <https://ndb.nal.usda.gov/ndb/search>

Skip the supplements to get vitamin C in your diet! There are many foods that contain vitamin C.

Foods considered "high in vitamin C" contain 12 mg

or more per reference amount or 20% of the Daily Value per reference amount. Examples include bell peppers, broccoli, citrus fruit, sweet potatoes, berries, and many more.

Learn more about foods with vitamin C at www.fruitsandveggiesmorematters.org/vitamin-c-in-fruits-and-vegetables.

Door-to-Door Meat Sales

While food sales to your door may be convenient, meat sold at your door may not be safe. Reports have been made in other states of meat being sold out of trucks or backpacks. Reputable vendors will have a license to prove their business is reputable.

Lack of refrigeration on the truck is a red flag that the vendor is illegal. Outdated meat or no labels on the packages is another concern.

Some other ways to determine if the vendor is legit is to ask for literature that lists a sales office with contact information. Read the label and look for an establishment number for USDA meat inspection. Look for a grade shield on the package for quality. Ask for a retail permit or State license.



Redo Your Coffee Shop Stop



A cup of coffee is a must for many to start their day. But for many, it is more than just coffee in the cup. Here are some ways to rethink your coffee drink:

- **Downsize**—Switch from a large to a small size and it just might hit the spot!
- **Do Dairy Right**—cut calories by using low-fat or skim milk to reduce saturated fat.
- **Skip the “Whip”** - While it is a fun treat, a daily dose of whipped cream can increase daily calories. Save it for special occasions.
- **Cut the Syrup in Half**—Use one pump of syrup instead of two. Or, try a sprinkle of cinnamon or cocoa instead for extra flavor.
- **Coffee and Treats**—Those treats, such as a muffin or pastry, are still tasty and more fun shared with a friend.



Source: www.choosemyplate.gov/myplate-mywins-tips-redo-your-coffee-shop-stop

Safe Containers in a Microwave

Most homes have a microwave oven in the kitchen. The [USDA](http://www.usda.gov) recommends microwave safe containers and wraps for best results.

Glass, ceramic containers, and all plastics should be labeled for mi-

crowave oven use.

Plastic storage containers such as margarine tubs, take-out containers, whipped topping bowls, and other one-time use containers should not be used. These containers can warp or melt, possi-

bly causing harmful chemicals to migrate into the food.

Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers, or aluminum foil in the microwave oven.

Microwave plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels should be safe to use. Do not let plastic wrap touch foods during microwaving.



Super Bowl Food Trivia

The big game is almost here! No matter who you root for, here’s some food facts as you snack your way through the game.

- Americans double their average snack food intake, more than 33 million pounds that day alone.
- Take out or delivery foods are popular. Pizza is tops followed by chicken wings, and sub sandwiches.
- Potato chips are a favorite crunchy snack with tortilla chips a close second. Five ounces of nacho cheese tortilla chips equals about 700 calories. Get up and run the length of 123 football fields to burn off those chips!

Source: www.eatouteatwell.com/super-bowl-food-trivia/

Kansas State University
Research & Extension

Rapid Response Center
221 Call Hall
Manhattan, Kansas 66506

Phone: 785-532-1673
Fax: 785-532-3295
Email: kblakesl@ksu.edu



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John Floros, Director.



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Electric Pressure Cooking



Do not use electric pressure cookers for any kind of canning. Photo courtesy Michigan State Extension

If Santa put an electric pressure cooker under your tree, you may be wondering how to use it and what can be cooked in the appliance. Here's some general tips:

- **Always read and follow the manufacturer's directions and cautions before use.**
- Never fill the cooker more than

1/2 to 2/3 full.

- Use five or fewer ingredients.
- Combine foods with common cooking times, or slice foods to reduce cooking time.
- Hot foods heat up faster than cold foods.
- To adapt your favorite recipe, find a similar recipe and use it as a guide. In general, cooking time is 1/3 to 1/2 of traditional cooking time. Reduce liquid by half.
- Brown meats first for added flavor.

For more, see <http://bit.ly/2jBuZ3G>

The Benefits of Turmeric

Research has shown that many herbs and spices have beneficial health properties. Turmeric has



Photo USDA ARS

been around over 4,000 years and has been shown to fight infections, some cancers, reduce inflammation, and

calm digestive problems.

Typically used in Indian cook-

ing, this bright yellow spice contains the antioxidant curcumin. Preliminary research suggests turmeric could help lower cholesterol, reduce osteoarthritis pain, help with Crohn's disease, diabetes and more.

While the health benefits are preliminary, the taste benefits abound as turmeric will wake up bland dishes with a spicy mustard flavor and a bright yellow color.

Source: <http://umm.edu/health/medical/altmed/herb/turmeric>