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Finding Hidden Sugar



Sugar come in many forms, including naturally in some foods and added in others. It is proposed by the U.S. Food and Drug Administration to limit added sugars to no more than 10 percent of daily calories. So where are some hidden sugars?

Tomato Sauces—the more “ready to eat,” the more sugar included, such as 10-15 grams per half-cup. Barbecue sauces are also high in sugar. Consider making your own, starting with plain tomato sauce or paste.

Salad Dressings—“Reduced fat” type dressings are typically high in sugar content. Make your own vinaigrette with healthy oils, flavored vinegars, herbs, and spices.

Baked Beans—While beans are a healthful food, some canned beans contain 20 grams sugar per cup.

Cereal—This goes beyond the kids cereal. Some oat brans, wheat squares, granolas and others have added sugar. Read the label!

Frozen Entrees—Look past the frozen desserts! Frozen chicken pot pies or honey-roasted turkey breasts will have extra sugar added.

Bottom line? Read the label. If sugar is the first or second item in the ingredient list, leave it at the store. Consider making more foods at home to reduce sugar intake.

Source: Tufts Health & Nutrition Letter, June 2015

Summer Grilling Graphics

The [Partnership for Food Safety Education](#) has new **grilling graphics** to help consumers use temperature to determine doneness of chicken, hamburgers, and pork chops. Using a thermometer is

the safest way to cook meat safely and prevent overcooking.

The graphics are in English and Spanish. Use them on websites, social media, newsletters, and

other media outlets.

For more information on food safety outdoors, see www.ksre.ksu.edu/foodsafety/topics/outdoor.html

Thyme for Flavor and Food Safety

Herbs and spices, such as rosemary and cinnamon, have been found to protect foods from the growth of bacteria that cause foodborne illness.

Research published in the Journal of Food Science recently shows that homemade thyme-based marinade is effective against *Campylobacter jejuni* on chicken wings.

Campylobacteriosis has been linked to undercooked meat and poultry.

In this study, the experimental marinades reduced *C. jejuni* bacteria two times better than commercial marinades. The homemade marinades included onion, black peppers, curry, cumin, sweet pepper,

salt, turmeric and three bioactive ingredients.

The acidity of the mixtures had very little affect on bacterial reduction.

The best marinating time was a minimum of 24 hours to reduce bacteria.

Source: <http://bit.ly/1EX1uMb>



Variegated lemon thyme

An Apple a Day...

Don't pass up an apple!
Learn more about these crunchy fruits at <http://extension.illinois.edu/apples/nutrition.cfm>.

Do they really keep the doctor away? Not really. While apples are a nutritious snack, they do not cure what may ail you.

A National Health and Nutrition Examination

Survey looked at data from 8,400 people. There was no significant difference between those who ate a small apple every day and those who did not and number of doctor visits. The survey did

show a slight reduction in prescription medication needs.

Source: Tufts Nutrition & Health Letter, June 2015

COOL May Not Be So Cool

Food choices based on where food comes from, environmental impact, and sustainability may matter to some consumers, but these issues do not drive purchasing decisions. The 2009 Country of Origin Labeling (COOL) rule for meat products originating from the U.S., Canada, or Mexico is designed to inform consumers of where the meat originated, including where the animal was born, raised and slaughtered.

Research done at Kansas State University found that a majority of shoppers are not interested in these COOL labels. More important purchasing factors include food safety, price, freshness and taste of meat drive meat purchases. The COOL label adds cost to producers and consumers.

Source: <http://www.k-state.edu/media/newsreleases/jan15/COOLappeal1715.html>



Caption describing picture or graphic.

Peanut Allergy in Infants



Peanuts are the number one food that causes food allergies.

A ground-breaking study has shown that introducing peanut products to infants with a high risk of developing a peanut allergy can be beneficial. In the study, the early introduction of peanuts reduced peanut allergy development by 81 percent.

The study included 600 high-risk infants that were randomly assigned to consume 6 grams of peanut protein per week or no peanut protein. The children were monitored until they reached the age of five. They visited their health care professional regularly and parents completed dietary surveys. At age five, they were given an oral food challenge with peanuts. The results showed an 81 percent reduction of peanut allergy onset by beginning peanut consumption early in life.

Up until these findings, children at high risk of development food allergies were told to avoid those foods. Follow up studies will determine if continued peanut consumption is needed to maintain tolerance.



Source: <http://www.nih.gov/news/health/feb2015/niaid-23.htm>

Get Kids in the Garden!

Whether it's a school garden, community garden, or in the backyard, getting children involved in gardening encourages them to eat more fruits and vegetables.

Tulane University Prevention Research Center evaluated five garden and kitchen-based school programs. They found the children were excited to eat what they grew and were more willing to

try new foods. The gardens also increased family cooking at home.

Learn more about this at <http://bit.ly/1dM54DH>.

Learn about the Edible Schoolyard of New Orleans at <http://www.esynola.org>.



Pressure Canning High Acid Foods

Fruits and tomatoes are typically canned in a water bath canner. But some of these foods could be processed in a pressure canner. The total time for the pressure canning process will be much longer than a water bath process. This is due to the time needed to heat up and cool down the pressure canner.

Fruits that can be pressure canned include applesauce, apples, berries, cherries, fruit purees, grapefruit or oranges, peaches, apricots, nectarines, pears, plums, and rhubarb.

Tomato products that could be pressure canned include crushed tomatoes, whole or halved tomatoes, tomatillos, tomato-vegetable juice blend, stewed tomatoes, tomato juice, and plain or seasoned tomato sauce.

For more information, see http://nchfp.uga.edu/publications/publications_usda.html

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Gardens in a Flood



Many vegetable gardens have become waterlogged with recent rains causing concern about the safety of the produce.

How "clean" the water is depends on what the water picked up on the way to the garden. It may be contaminated with sewage, farm run-off, industrial pollutants or other contaminants. Here are some points to consider:

- Discard all produce that has been in the flood water.
- Cook any produce that has been in the flood water. Cooking will not eliminate industrial pollutants.
- Discard all produce that is normally consumed raw such as leafy greens and uncooked berries.
- Produce above the water should be safe.
- Underground produce early in their growth should be safe.

Sources: www.hfrr.ksu.edu/DesktopDefault.aspx?tabid=764

<http://hort.uwex.edu/articles/safely-using-produce-flooded-gardens/>



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Summer Squash Relish

Summer squash tends to multiply overnight in gardens. One way to use up this bounty is to



For more canning recipes for relish, see <http://nchfp.uga.edu/how/relish.html>

make a relish. A new recipe from the University of Georgia can use zucchini, yellow squash or a combination of both to make five

pints of relish. The recipe ingredients include:

- 4 pounds summer squash
- 1/2 cups diced sweet onion
- 2 cups cider vinegar
- 2 1/4 cups white sugar
- 2 teaspoons celery seed
- 2 teaspoons turmeric
- 4 teaspoons mustard seed

For complete instructions, see http://nchfp.uga.edu/how/can_06/summer_squash_relish.html