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## Morel Mushroom Workshop



**Before hunting, be sure to know the difference between poisonous and edible morels.**

The Kansas Department of Agriculture (KDA), in partnership with K-State Research and Extension, Kaw Valley Mycological Society and the University of Kansas, is offering a workshop to help people earn the necessary certification to sell wild morel mushrooms. The workshop will take place on Friday, March 4, 2016, from 4 to 6 p.m. at the Dreher 4-H Building, Douglas County Fairgrounds, 2110 Harper, Lawrence, Kan.

Current regulations under KDA's Food Safety and Lodging program require that mushrooms picked in the wild for sale must be individually inspected for safety by an approved mushroom identification expert. Upon completion of this workshop, participants will be recognized as morel identification experts in order to meet this regulation. This is a three-year certification.

The course is free of charge and open to the public. Pre-registration for the workshop is required and registration is limited to 90 people, with first preference given to people from Kansas harvesting mushrooms in Kansas.

To register for the workshop visit <http://agriculture.ks.gov/mushroom-identification-workshop>.

## 2016 Urban Food Systems Symposium

Save the date for the 2016 Urban Food System Symposium! This event will be June 23-26, 2016 at the Kansas State University Olathe campus.

The goal is to share

knowledge on urban agricultural production, local food systems distribution, urban farmer education, urban ag policy, planning and development, food access and justice, and food sovereignty.

Learn more about this event at

[www.urbanfoodsystemssymposium.org/](http://www.urbanfoodsystemssymposium.org/).



## Meal Delivery Service Gaining Popularity

Forget pizza and submarine sandwich delivery! The latest trend is meal kits sent to your door with all the ingredients and without the hassle of grocery shopping.

Boxed meals delivered to your door are designed for two to four people. They include a recipe and all the main ingredients to prepare the meal. The cost ranges

from \$10-\$30 per plate. So for four people, it can add up to \$120 for that meal. Some shipping costs may be added. Subscriptions allow for flexibility.

The average calorie content per meal is 500-800 calories depending on the meal. The meals allow you to try new ingredients, flavors and recipes.

Packaging for shipping is key to success. Recipes help the user know which ingredients need to be used first. Ice bags and insulated boxes help keep food cold and each ingredient is individually packaged.

Some services deliver nationally, others are local.

Learn more at <http://bit.ly/1LlpX2o>

**Some Home Meal Delivery companies include:**

- Hello Fresh
- Blue Apron
- Plated
- Sun Basket
- Chefday!
- Munchery
- PlateJoy
- SpoonRocket
- PeachDish
- Purple Carrot
- Marley Spoon
- Freshology
- Many more!



## What is Cookie Butter?

**Enjoy a spoonful of cookie butter as a treat or as a spread on apples or toast.**

Cookie butter was introduced in 2007 in Belgium by using Speculoos cookies. These caramelized and gingerbread-like cookies are crushed and made into a paste similar to peanut butter.

This treat has a smooth or crunchy texture. Some brands have other flavors, like chocolate, added.

Cookie butter brands include Trader Joe's Specu-

loos Cookie Butter, Biscoff Cookie Butter (sold at WalMart), Penotti Cookie Notti® Speculoos Spread and Specially Selected Speculoos Cookie Butter (sold at Aldi).

## The Many Names for Sugar

To build a healthy eating style and stay within your calorie needs, choose foods and beverages with less added sugars. Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include natural sugars found in milk and fruits.

Learn more about limiting your sugar intake at:

[www.choosemyplate.gov/what-are-added-sugars](http://www.choosemyplate.gov/what-are-added-sugars)

[www.choosemyplate.gov/added-sugars](http://www.choosemyplate.gov/added-sugars)

[www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet13CutBackOnSweetTreats.pdf](http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet13CutBackOnSweetTreats.pdf)

Agave nectar Agave syrup Barley malt **Beet sugar** Brown rice syrup  
Brown sugar Buttered syrup Cane sugar Cane juice Cane juice crystals  
Carob syrup Confectioner's sugar Corn syrup **High fructose corn syrup**  
Corn sugar Corn sweetener Corn syrup solids Crystalized fructose  
Date sugar **Dextran** Dextrose Diatase Diastatic malt Evaporated cane juice

## WHERE'S ALL THAT SUGAR HIDING?

**Fructose** Fruit juice Fruit juice concentrate Glucose Glucose solids  
Golden sugar Golden syrup **Grape sugar** Grape juice concentrate Honey  
Invert sugar Lactose Malt Maltodextrin Maltose **Maple syrup** Molasses  
Raw sugar Refiner's syrup Sorghum syrup Sucanat Sucrose **Sugar**  
Turbinado sugar Yellow sugar

Source: <http://bit.ly/1SLPg5S>

## The High Price of Vanilla



Have you noticed the price of vanilla lately? Prices have increased up to four times in the last 10 months. So what is behind this price hike?

In 2015, the vanilla crop had a poor flowering season which reduced the potential crop size for 2016. Other factors include farmers choosing more lucrative crops to grow; speculators controlling current supplies and prices; and using vanilla beans for money laundering reasons.

Some companies who produce vanilla extracts and flavorings forecasted this high cost market and were able to buy vanilla beans when costs were lower. With the help of technology, some users are able to use a lower amount of vanilla and not affect the final product. Vanilla extraction technology is being more innovative to achieve a more intense vanilla product to lower usage amounts.

Learn more at <https://foodtecheperspective.wordpress.com/2016/01/27/vanilla-from-concern-to-crisis-to-creating-solutions/>.



## New Ball® Items for 2016

New items are now available for the home food preserver! Four items are for canning, two items are for general use.

To expand on the line of Ball Blue Jars, they now

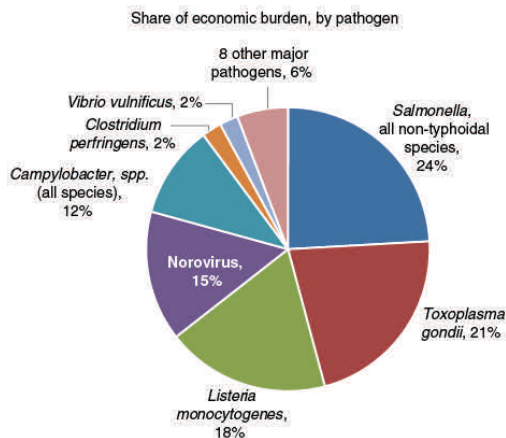
come in half-pint, wide mouth pint, and quart sizes.

A new clear half-pint jam jar has fruit designs in the glass. It is called the Jam Jar.

Two general use jars include a Super Wide Mouth Half-Gallon jar with lid and a Wide Mouth Pour and Measure Cap.

**Look for these new items where food preservation supplies are sold or at [www.freshpreservingstore.com/search?q=masonjar2016new](http://www.freshpreservingstore.com/search?q=masonjar2016new)**

## The Economic Burden of Foodborne Illness



The Economic Research Service estimates that 15 pathogens cause 95 percent of the 9.4 million identified foodborne illness cases. These result in \$15.5 billion in economic burden. The top five pathogens include *Salmonella* (all non-typhoidal species), *Toxoplasma gondii*, *Listeria monocytogenes*, *Norovirus*, and *Campylobacter*. These five cause 90 percent of the economic burden, which includes hospitalizations and deaths.

Norovirus is the most common foodborne illness, but most people recover without medical assistance. *Listeria monocytogenes* causes very few illnesses, but almost 20 percent of those sickened die from this disease.



## When You Must Eat Gluten-free



**Sorghum is popular for many gluten-free foods.**

Eating a gluten-free diet is medically necessary for those with Celiac Disease. It can also be challenging and overwhelming. Here are some tips:

1. Start with foods you know are gluten-free and you CAN eat. These are typically found around the perimeter of a grocery store.

2. Read labels carefully. Gluten can be hiding. Always read the ingredient statement on package for more information.
3. Avoid cross contamination. While this is important for general food safety, it is also important for a gluten-free diet or for food allergies.
4. Know your restrictions. Foods labeled gluten-free must have less than 20 parts per million of gluten. But that may not mean it is completely wheat free.
5. Cheating can make you sick! Thinking "just a little won't hurt" can lead to serious consequences.

Learn more at <http://bit.ly/20Q8WtR>



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



## Where is gluten found?



### Gluten-Containing Grains/Thickeners

- Wheat
- Kamut
- Barley (malt, including malt extract and malt vinegar)
- Spelt
- Rye
- Farro
- Oats\*
- Triticale (a cross between wheat and rye)
- Brewers' yeast
- Wheat starch (not processed)

\*Technically, oats are gluten free but are often contaminated during processing.

### Gluten-Free Grains/Thickeners

- Corn
- Rice
- Tapioca (cassava)
- Amaranth
- Buckwheat
- Arrowroot
- Chickpea (gram flour)
- Montina
- Lupine
- Millet
- Soy
- Sorghum
- Taro
- Teff
- Quinoa
- Flax

