



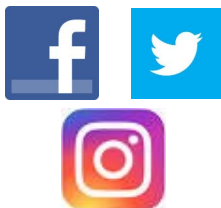
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Celebrate National Ag Day!



Open your calendar to March 21 and write down [National Ag Day](http://www.agday.org)! This is a day to celebrate everyone in agriculture and how agriculture is in all of our lives each day.

The goal of this day is to:

- Learn about the production of food, fiber and renewable resources.

- Understand the role of agriculture in our economy.
- Appreciate the importance of safe, abundant and affordable agricultural products.
- Learn about the many career opportunities in agriculture.

Speaking of careers, there are options! They range from agribusiness, to communications, to park management, to food science and many more.

National Ag Day is supported by the Agriculture Council of America. They encourage you to plan an event to celebrate agriculture in your community. They have assembled some planning tips and tools to help you succeed.

Learn more at [www.agday.org/](http://www.agday.org) and make your plans now!

2023 National Nutrition Month®

It's the 50th anniversary of National Nutrition Month® held annually in March. The purpose is to learn how to make informed food choices and take steps to improved physical activity and healthful eating.

The Academy of Nutrition and Dietetics chose the theme of "Fuel for the Future." This emphasizes sustainable healthy habits and protecting the environment. Many ideas are available to improve your health at home, work,

school, grocery store, and more.

Learn more about this campaign at www.eatright.org/national-nutrition-month-2023.



Celebrate St. Patrick's Day with Corned Beef!

To start, what does the term "corning" mean? It is a form of dry-curing beef brisket with "corns" of salt. These corns are not actual corn, but refer to the size of the salt crystals. Originally, this was a way to preserve beef during the winter months and through the season of Lent.

Today, corned beef can be found throughout the year. It is traditionally

served with cabbage on St. Patrick's Day but also as tasty meat for sandwiches.

You can buy corned beef that is ready to cook. It is in a salt brine with spices. Use a long, moist cooking method either in the oven, on top of the stove or a slow cooker. It should be "fork-tender" with an internal temperature of 160°F. It will likely have a pink

color after cooking because of the nitrites used in the curing process. Cut into slices against the grain.

Learn more at <https://extension.umn.edu/preserving-and-preparing/prepare-corned-beef> and <https://blogs.extension.iastate.edu/answerline/2021/03/09/diy-corned-beef/>



Corned Beef
Photo: Canva.com



This publication also provides information about licensing, selling meat, eggs, dairy products and more!

Food Safety for Direct to Consumer Sales

K-State Research and Extension strives to help small food businesses to make and sell safe food. One important tool to accomplish this is our publication [Food Safety for Direct to Consumer Sales: Regulations and](#)

[Best Practices](#). This publication is developed in partnership with the Kansas Department of Agriculture Food Safety and Lodging program. It is updated annually and is also [available in Spanish](#).

Those who sell Direct to Consumers include farmers markets, local fairs, and online sales. There are food safety regulations to follow and the bottom line is to make the safest food possible.

Food Business Conference

Whether you are currently growing a food business or have an amazing idea for one, you'll find something valuable at the [2023 Food Business Conference](#) on March 9-10, 2023 at K-State Olathe.

This free, two-day conference offers topics related to mobile food businesses, manufacturing, restaurants and agriculture. It also will connect food entrepreneurs with support organizations, coaches and information. A variety of sessions, workshops and networking opportunities will equip you with the tools to strengthen your business.

This conference is presented in partnership with the Ennovation Center, KCSourcelink, Kansas State University, Kansas City Section of the Institute of Food Technology, Kansas State University-Olathe Campus, MU Extension and the North Central Sustainable Agriculture Research and Education program. This event is made possible in part by the Ewing Marion Kauffman Foundation.



Photo: Canva.com

The Allergen Sesame Now Required on Food Labels

As of January 1, 2023, food products that contain sesame must have sesame listed as an allergen. The Food Allergy Safety, Treatment, Education, and Research (FASTER) Act passed in 2021 declared that sesame be designated as the ninth major food allergen. This is the first addition to the initial eight food allergens defined in 2004.

The allergen declaration will be stated within the ingredient statement or as a separate "Contains" statement below the ingredient statement on food packages.

There may still be food products in grocery stores that don't list sesame as an allergen if they were already made and shipped to stores before 2023. So those who are allergic to sesame will need to check the ingredient statement regularly. Also, foods that are not packaged, such as bakery goods displayed on trays, may or may not have allergen information. Always ask the vendor to find out any food allergen information.

Learn more at www.fda.gov/consumers/consumer-updates/allergic-sesame-food-labels-now-must-list-sesame-allergen.



Example of "Contains" statement on food package

Photo: fda.gov



Go Nuts!

Nuts are a tasty crunchy treat packed with protein, dietary fiber and unsaturated fat. They are an easy snack, and not just for squirrels!

When storing nuts, the refrigerator or freezer

can extend their shelf life. Pack nuts in a clean, freezer-safe container to resist moisture and odors from other foods. Store in the refrigerator about one year or in the freezer up to two years.

If stored at room temperature, they can become rancid over time and lose quality.

Learn more from [University of California-Davis Food Safety](http://UniversityofCalifornia-DavisFoodSafety).

Research has shown that a diet that includes nuts with low saturated fat and cholesterol may protect against heart disease.



Morel mushroom

Photo: Univ. of Illinois Extension

Morel Mushroom Identification Training

K-State Research & Extension will provide morel mushroom identification training in an upcoming online training. This training will help people earn the necessary approval to sell wild morel mushrooms. There are two opportunities below.

The classes are intended to help ensure that wild harvested mushrooms sold as morels in the state of Kansas are safe to consume. Current regulations under the Kansas Department of Agriculture'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 identifier. Upon completion of this class, participants will be recognized as approved morel identifiers in order to meet this regulation.

[March 15, 2023 registration](#)

[March 16, 2023 registration](#)

Kansas State University
Research & Extension

Rapid Response Center
1530 Mid Campus Drive North
221 Call Hall
Manhattan, Kansas 66506

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

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Preserving Fresh Asparagus



Pickled asparagus
Photo: Newell Brands

March is here and early spring vegetables, such as asparagus, will be popping out of the ground. If you are lucky enough to have your own asparagus patch, you know the anticipation!

If you have an abundance of asparagus, preserve it for later use by freezing, pickling or canning. To help you plan, here's a chart of

approximate yields from [Michigan State University Extension](#). Learn more at [Preserving Vegetables, MF1181](#).

1 pound (snapped)	= 2 cups cut up
1 to 1 1/2 pounds fresh	= 1 pint frozen
2 1/2 to 4 pounds fresh	= 1 quart canned
10-pound box	= 7-10 pints frozen
24 1/2 pounds	= a canner load of 7 quarts
16 pounds	= a canner load of 9 pints
1 crate (31 pounds)	= 7 to 12 quarts canned
1 bushel (45 pounds)	= 30 to 45 pints frozen or 11 to 18 quarts canned

ask
an EXPERT



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Reminder About Frostings and Fillings

There are many recipes for frostings and fillings. But when choosing a recipe to use for a fair exhibit, keep food safety in mind as not all are safe to store at room temperature.



For more on judging foods at fairs, see www.rrc.k-state.edu/judging/index.html.
Photo: KSRE

Choose a recipe and get out your calculator! You can de-

termine the safety of a frosting or filling at home. Convert the household measurements into weight for each ingredient. There are many resources to help calculate the weight. See our [Food Safety of Frostings and Fillings](#) publication for details. There are examples of calculations to guide you thorough this activity.

For fair exhibits, proof must be given that the frosting or filling recipe contains at least 65% sugar to be deemed safe!