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New Fact Sheet on Monosodium Glutamate



Stir fry meals commonly contain ingredients with MSG such as soy sauce

The International Food Information Council has developed a new fact sheet on Monosodium Glutamate (MSG). This much discussed ingredient used in many foods provides that fifth taste, called “umami” or savory flavor.

MSG contains the amino acid glutamate, a building block of protein. It is naturally present in plant and animal proteins. The more protein content, the more glu-

tamate present. Some foods also contain “free” glutamate, along with sodium, in the form of MSG which provides that umami taste. Tomatoes, Parmesan cheese, and walnuts are examples. Other packaged and prepared foods with MSG include a variety of condiments, snack chips and crackers, seasoning mixtures, and more.

MSG is not considered an allergen. But some people, however, may experience symptoms similar to allergic reactions. No scientific research, to date, has proven that the symptoms are from MSG.

Learn more about MSG and its association with food and health at:

<http://bit.ly/1TyBKOk>



September is Food Safety Education Month

Since 1994, [National Food Safety Education Month](http://www.foodsafety.gov) has increased awareness about the importance of food safety education for the food industry, food service, and the consumer.

This year, the theme for the National Restaurant Association Food Safety Education Month is “**Let It Flow,**” to focus on how food flows through a food service operation.

Promotional materials for food safety can be found at:

www.fightbac.org

www.foodsafety.gov



Making Meat Without an Animal

In-vitro meat.

Tissue-engineering technology.

Cultured meat.

Would you eat it? What is it you ask?

The simple answer is meat without livestock. The technology consists of removing stem cells from living animal mus-

cle tissue, place them in culture media to grow, then meat would be developed without any genetic manipulation.

The development of this process is to help meet the demand for meat for the growing population by 2050. Conventional meat production is predicted to be unsustainable by then.

So far, cultured meat is not efficient, the color is off, the taste is not right, and is very expensive. The first hamburger patty made with this technology cost more than \$300,000.

That's one pricey burger!

Sources: <http://news.ift.org/2015/07/12/meat-without-parents/>
www.futurefood.org/in-vitro-meat/index_en.php



Some day, this burger may be from a whole different "animal."

Vacuum packaged meat excludes oxygen and the meat will appear purplish-red.

New Publication on Ground Beef Color

Consumers expect fresh ground beef to be bright-red, but at times it may appear brown, mottled red and brown, or even purplish. Color variations can be confusing and may lead to the rejection

of acceptable ground beef.

This publication helps explain where meat color comes from; is brown ground beef safe; and if packaging makes a dif-

ference. It also shows external and internal color changes over time.

Learn more at: www.bookstore.ksre.ksu.edu/pubs/MF2957.pdf

Update on Botulism from Potato Salad

According to the Centers for Disease Control and Prevention, the potato salad that sickened attendees of a church potluck in Ohio, was traced back to improperly home canned potatoes.

The person who prepared the potato salad used home canned plain potatoes processed in a boiling water bath canner instead of a pressure canner. Therefore, *C. botulinum* spores were not eliminated and produced the deadly botulinum toxin.

This outbreak was the largest botulism outbreak in about 40 years in the United States. There were 77 people, age 9-87 years, who ate at the potluck. Almost half of them became ill and one person died.

Learn more at: <http://1.usa.gov/1M01UKL>



A pressure canner must be used to can low acid foods such as potatoes.

Watermelon 101



Did you know that 100 percent of watermelon is usable? The average watermelon has 70 percent flesh and 30 percent rind. It is also 92 percent water, which makes it a tasty choice to keep hydrated.

Don't toss that overripe watermelon! Turn it into juice or puree to drink or add to a smoothie.

Remove the flesh to make into a salad, but use that hollowed out rind as the bowl. When done using it, compost the bowl.

Watermelon rind is edible. It can be stir-fried, stewed or pickled.

Picking a watermelon is as easy. Examine the melon for bruises, cuts or dents. Choose a firm melon that feels heavy for its size when you lift it up. The underside should have a creamy yellow spot where it sat on the ground.



Learn more about watermelon at www.watermelon.org/.

Can Jam or Jelly be Made with Honey?

Sugar serves as a preserving agent, contributes flavor, and aids in gelling. Cane and beet sugar are the usual sources of sugar for jelly or jam. Corn syrup and honey may be used to

replace part of the sugar in recipes, but too much will mask the fruit flavor and alter the gel structure. Use tested recipes for replacing sugar with honey and corn syrup. Do not try to reduce the

amount of sugar in traditional recipes. Too little sugar prevents gelling and may allow yeasts and molds to grow.

Learn more about making jams and jellies at:

http://nchfp.uga.edu/how/can7_jam_jelly.html



Eggplant come in a variety of shapes and are purple, green, white or striped.

The Simple Eggplant

Many people shy away from eggplant because of its bland flavor and spongy texture. On the other hand, it can soak up so many flavors and boost nutritional value of a meal.

Frying is likely the most common way to prepare eggplant. Add it to stir-fry meals. Roast, peel, and serve it over pasta with a tomato basil sauce. Use it as a pizza topping with tomatoes, black olives and onions. Add it to a skewer of kabobs. Replace lasagna noodles with thin slices of eggplant cut lengthwise. Make a snack of Baba Ganouch and serve with pita chips or crisp veggies.

So give it a try! The options are many and tasty!

Source: www.fruitsandveggiesmorematters.org/eggplant

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Start School Days with Breakfast



A healthy breakfast is a must for kids. Skip it and your kids will be playing nutritional catch-up for the rest of the day.

Anything goes, as long as you maintain a healthy balance. So if your kids want a change from cereal and eggs, think about serving left-overs from last night's dinner. There's nothing wrong with tuna

fish with celery on a whole wheat English muffin or a turkey sandwich to start the day.

Growing bodies need nourishment. And if your kids are physically active to boot, they need plenty of calories to keep them fueled. A breakfast that contains protein, fat and carbohydrates helps children feel full and stay focused until lunch. Protein choices might include an egg, some nuts, a slice of deli meat or cheese, or a container of yogurt.

Learn more at:

[www.fda.gov/ForConsumers/
ConsumerUpdates/
ucm456060.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm456060.htm)



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On the Web at
www.rrc.ksu.edu



Caprese Pasta Salad

From the Wheat Foods Council E-magazine *Kernels*, give this **Caprese Pasta Salad** a try!

1 (13.25 ounce) box whole-wheat penne (or other shape) pasta

4 medium tomatoes, chopped or 1 pound grape tomatoes, halved

½ pound fresh low-fat, mozzarella

cheese, in ½" cubes or fresh mozzarella "pearls"

1/3 cup chopped fresh sweet basil

¼ cup olive oil

1 tablespoon Italian seasoning

1 tablespoon balsamic vinegar

½ teaspoon salt (optional)

Cook pasta according to package directions. Rinse with cold water and drain. Add tomatoes, cheese and sweet basil.

In a separate small bowl, combine oil, seasoning, vinegar and salt (if using). Add to pasta mixture and chill.

Look for more recipes and Wheat Foods Council information in the *Kernels* E-magazine at <http://wheatfoods.org/subscribe>.