



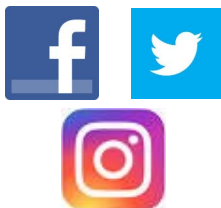
Inside this issue:

Pickled Asparagus	2
Create Food Safe Videos	2
Drying Stone Fruits	2
Leafy Greens	3
Cabbage to Sauerkraut	3
Produce Buying Guide	3
Easter Ham	4
Easter Eggs	4



Now on Facebook, Twitter and Pinterest!

- On Facebook—
www.facebook.com/KSREfoodie
- On Twitter—
[@KSREfoodie](https://twitter.com/KSREfoodie)
- On Instagram—
[@KSREfoodie](https://www.instagram.com/KSREfoodie)



Food Prep When the Power Goes Out



For more information on food safety during a power outage, see www.ksre.k-state.edu/foodsafety/topics/disaster.html

Spring is just about here which brings warmer weather as well as severe weather. If you lose power, handling food can be tricky. If you don't have a generator, then consider these options to prepare food without power from University of Minnesota Extension.

Keep a food thermometer handy. Remember these three temperatures when cooking meats: 145° for steaks, roasts, chops; 160°F for ground meat; and 165°F for all poultry. If you have limited fuel for cooking, choose quick-cooking foods to reserve fuel.

Prepare one meal at a time so there are no leftovers. Don't leave food sit at room temperature or in warm environments for more than two hours as this can lead to bacterial growth.

There are options to cook food. A fireplace is handy, but do not use charcoal in a fireplace as it can emit carbon monoxide. Get outdoors and use a camp stove, charcoal grill or gas grill.

Stock up on foods that do not require any cooking or refrigeration. Examples include peanut butter, canned meats, whole grain chips or crackers, fresh fruit, canned fruit, dried fruit, and many others. Don't forget your pets! They also need nourishment in an emergency.

Handwashing is still important! Use bottled water and soap if running water is not available. Use disposable utensils and plates for easy clean up. Heat water on the outdoor grill to wash other items.

Dietary Guidelines Resources in Español

As National Nutrition Month® wraps up in March, the Dietary Guidelines for Americans, 2020-2025, are now available in Español.

These resources are for professional educators

and for consumers. There are figures and infographics also. These resources are helpful to promote healthy eating from birth to older adulthood.

Start simple. Every healthy bite counts over

time to improve overall health.

Learn more and download many tools and resources at <https://dietaryguidelines.gov/resources>.

Pickled Asparagus Problems

A favorite spring garden perineal is asparagus. As weather starts to warm, those tasty fresh shoots will soon be popping out of the ground.

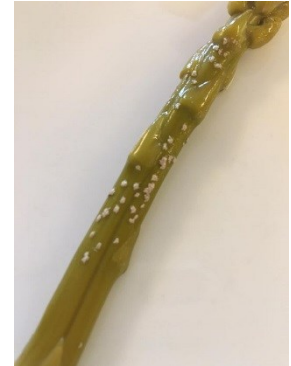
A great way to preserve asparagus is to pickle it for a tangy addition to meals. Here's a [pickled asparagus recipe](#) that is formulated for 12-ounce jars or pint jars from the National Center for Home Food Preservation.

Pickled asparagus is safely canned in a water bath canner.

But after preserving your prized asparagus, have you noticed some little yellow/white spots form on the surface? Is it safe to eat?

The answer is yes, it is safe to eat. These little specks are called rutin. According to the [University of California Extension](#),

when asparagus is heated with vinegar, the bioflavonoid rutin is drawn out of the asparagus. It becomes insoluble and crystallizes, leaving the spots on the surface of the asparagus. Commercially made pickled asparagus has an additive added to prevent this reaction.



Rutin crystals on pickled asparagus
Photo: Oregon State University Extension



Creating Food Safe Videos

See examples on how to incorporate food safety tips into recipes at www.fightbac.org/saferecipes/.

The Partnership for Food Safety Education recently presented a webinar on creating videos with food safety content.

To follow up, the information presented and more can be found at

www.saferecipeguide.org which includes the webinar recording, a style guide for creating videos, and a food safety stock library to help enhance your videos.

Studies have shown that

when people are given basic food safety instructions, they are more likely to follow them and improve safe food handling behaviors. Whether in print or video, these tips can make a change!

Tips to Dehydrate Stone Fruit

Dehydrated fruit is an easy way to have ready-made snacks or to add a pop of fruit to cereal, yogurt, or homemade cookies. Dehydrating is the oldest food preservation method to remove moisture from food which prevents bacterial growth.

When drying stone fruits, such as apricots, plums, or halves of peaches and nectarines, first rinse them in running water. Remove the pits. The skin can be left on or removed. Pretreat as directed to reduce discoloration. Press the rounded side, or outside, inward to invert the fruit half. This helps expose the inside flesh and the fruit will dry faster. If the skin is still on, place the fruit skin side down on the dehydrator tray. Optimum dehydrating temperature is 140°F while air circulates to pull moisture out of the fruit. Dry until pliable and leathery.



Learn more at www.rrc.k-state.edu/preservation/drying.html
Photo: Univ. of Georgia

Spring Leafy Greens



Source: www.cdc.gov/foodsafety/communication/leafy-greens.html

Photo: USDA Flickr

A gardening favorite to plant in the spring is leafy vegetables such as lettuce, spinach, arugula, and many others. They provide a lot of crunch and color to any meal. Packed with nutrients, they can help protect you from some chronic diseases.

Handle and prepare all leafy greens safely before consuming as there have been foodborne illness outbreaks associated with these fresh foods. Most of these are never heated prior to eating, so it is important to rinse them under running water. Do not soak in water as this can spread contamination. Research has shown that rinsing in water helps remove most bacteria and dirt. Use these steps.

- Wash your hands with soap and water before and after preparing leafing greens.
- Remove bruised or damaged leaves. Remove outer layers of cabbage and lettuce heads.
- Rinse leaves under running water. Rub gently with your fingers for better results.
- Dry leaves in a salad spinner or with a clean paper towel to remove moisture.



From Cabbage to Sauerkraut

Cabbage is popular in the spring, so try turning it into sauerkraut! But how do you know when fermentation is complete?

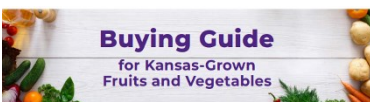
Fermentation naturally stops as acids accumulate to the extent that further growth of desira-

ble bacteria cannot take place. The bubbling ceases and the color should have changed from green/white to tan. It should be tart but still have a firm texture. The brine should not be cloudy.

If mold is present, has a slimy texture, or has a bad odor, do not eat. Fully fermented sauerkraut can be stored in the freezer, canned or frozen.

Use 3 tablespoons canning salt for 5 pounds shredded cabbage to control pathogen growth.

Source: <https://extension.psu.edu/lets-preserve-fermentation-sauerkraut-and-pickles>



Buying Guide for Kansas-Grown Fruits and Vegetables

Authors: *Paula M. Mendenhall, Ph.D., Kansas State University/University of Kansas Food Safety Specialist; Maria M. Mendenhall, Graduate Research Assistant; Lynn A. Hines, Mary Beth Higgins, Kansas nutrition specialist; and Chuck Mers, horticulture specialist (retired)*

Introduction

Choosing fresh and nutritious seasonal fruits and vegetables from a farmers market offers many benefits. It can be a great way to add more variety to your diet or to try new foods. It can provide social contacts that help you stay connected to your community, too.

Getting out to shop and interact with others at our farmers markets can be especially beneficial if you are alone or have little contact with others. Social

Buying Guide for Kansas Fruits and Vegetables

As local farmers markets make plans to open for the growing season, shoppers can plan ahead by knowing what is available at different times of the year.

The K-State Research and Extension [Buying Guide for Kansas-Grown Fruits and Vegetables](#) is a great tool to help you choose many nutritious seasonal fruits and vegetables. Local farmers can also answer questions about the foods they grow to help you try something new or find a new way to enjoy the tasty treats. Within the publication are charts you can print out for a handy reference.

Looking for a farmers market near you? The Kansas Department of Agriculture From the Land of Kansas program has a list of registered markets at www.fromthelandofkansas.com/market/list.



Knowledge for Life

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, Ernie Minton, Interim Director.

Easter Ham Preparation



Learn more from [USDA Ham and Food Safety](#)

Photo: USDA Flickr

Whether you are cooking a raw ham or preparing a ready-to eat ham product, follow these steps for a ham that is cooked to perfection.

- Ham that is not ready-to-eat but has the appearance of ready-to-eat products will bear a statement on the label indicating the product needs cooking.

- Ham that requires cooking before consumption or fresh, raw ham must reach an internal temperature of 145°F (with a three-minute rest time). Set the oven no lower than 325°F.

Cooked canned ham and cooked vacuum-packaged ham, both from federally inspected plants, can be eaten right out of the package. All of these along with spiral-cut cooked ham are safe to eat cold or can be warmed to an internal temperature of 145°F, as they are already fully cooked. For cooked hams that have been repackaged in any other location outside the processing plant, heat to an internal temperature of 165°F, measured with a food thermometer, before you serve it.



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Let the Easter Egg Hunt Begin!

Sometimes eggs are decorated, used as decorations, and hunted at Easter. Here are some safety tips.

- *Dyeing eggs:* After hard cooking eggs, dye them and refrigerate within 2 hours. Use a food-safe coloring.



Learn more at [USDA Shell Eggs from Farm to Table](#)

Photo: USDA Flickr

for decorating. Use eggs that have been kept refrigerated and are uncracked. To destroy bacteria that

may be present on the surface of the egg, wash the egg in hot water and then rinse in a solution of 1 teaspoon liquid chlorine bleach per half cup of water. After blowing out the egg, refrigerate the contents and use within 2 to 4 days.

- *Hunting Eggs:* If hard cooked eggs have been lying on the ground, they can pick up bacteria, especially if the shells are cracked. If the shells crack, bacteria could contaminate the inside. The total time for hiding and hunting eggs should not exceed 2 hours. Refrigerate and use "found" eggs within 7 days of cooking.