



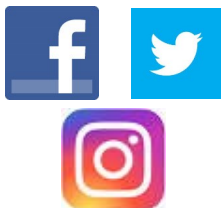
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Foods and Food Preservation Judges Training

Fair season will be here soon! If you would like to be a foods judge and food preservation judge, a virtual training is scheduled for April 11, 18, and 25.

This training is free but registration is required to get the Zoom access link. **Please register by April 10, 2023.**

VIRTUAL FOODS JUDGES TRAININGS



Trainings will be held Tuesdays via zoom at 7:00 pm. Register by April 10.

- April 11- 4-H Project Exhibit Judging
- April 18- Foods & Nutrition
- April 25- Foods Preservation

Trainings will be recorded and made available for later viewing.

Presented by:

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Kansas Garden Guide

Gardeners rejoice! It's time to plant your favorite produce, or try something new. To help guide you from planning to harvest, the **Kansas Garden Guide** will help you through the season.

Updated in February 2023, this publication has information on planning, raised bed gardening, container gardening, soil health tips, composting, planting, maintenance and so much more. It also includes harvesting and

storage information to enjoy your produce at peak freshness. A handy planting and harvest calendar helps guide you through the season.

Good luck with your garden!



Add Lamb to Spring Meals

Sheep is the oldest domesticated meat species. Sheep have been raised by humans beginning about 9,000 years ago in the Middle East. In many countries, lamb (a young sheep) is the major source of protein. Many Americans think of lamb as a springtime food, but it can be enjoyed year round.

When shopping for lamb, look for meat that is fine

textured and firm that has red coloring and white marbling (white flecks of fat within the meat muscle). The fat trim should be firm, white, and not too thick. The USDA quality grades are reliable guides.

There are five basic major (primal) cuts into which the lamb carcass is separated: shoulder, rack, shank/breast, loin, and leg. It is recom-

mended that packages of fresh lamb purchased in the supermarket be labeled with the primal cut as well as the product, such as "shoulder roast" or "loin chop."

For more information, see [USDA Lamb from Farm to Table](#) and [American Lamb](#)



Lamb chops
Photo: Canva.com

Small Meat Processor Food Safety Assessment

For questions about this survey, please contact Dr. Jessie Vipham at jessiev@ksu.edu.

Small meat processors are in high demand in Kansas and there are many new facilities being opened to ease the demand.

The K-State Meat Science program wants to

help identify food safety program goals of small meat processors. This may include working on a testing program, trainings, developing inspection documentation, managing food safety programs, etc.

Please take this short assessment to help us identify needs to improve education. The survey can be found at https://kstate.qualtrics.com/jfe/form/SV_2fsvAcVOmdsxoKq

Easter Egg Hunt Alternatives

If you have shopped for eggs lately, they have been pricey and in short supply. Start planning now for alternatives to have fun on Easter in place of the traditional egg hunt.

- Use plastic eggs and fill them with treats or fun Spring items. These eggs are reusable for years to come. Mix up the egg colors, then have the kids match them as an extra activity after the hunt.
- Plan a scavenger hunt for spring items around your house or outside. Make it educational to learn numbers or the alphabet.
- Get out the paint or colored pencils and paper and have a contest to draw the best Easter egg, a bunny or Spring flower.



Plastic eggs
Photo: Canva.com

Preparing Hard Boiled Eggs



Deviled Eggs

Photo: Canva.com

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



Deviled eggs are a popular Spring appetizer for Easter meals and potlucks. The trick is getting the perfect hard boiled egg.

Fresh eggs that are hard boiled can be difficult to peel. It is best to purchase fresh eggs about one week in advance for success. Keep them refrigerated until ready to use.

To prepare hard boiled eggs on the stovetop, place fresh eggs in a sauce pan and cover with water by one inch. Cover the pan and bring to a boil. Remove from the burner and let the eggs sit in the hot water for 20 minutes. This helps keep the eggs tender and not get rubbery. Place the pan in the sink and allow cold water to pour over the hot eggs until they are cool. Remove eggs from the water and chill in the refrigerator. They can be store up to one week, unpeeled.

To peel the eggs, gently tap the eggs on a surface to crack the shell all around the egg. It helps to run the egg under water to pull the shell away from the egg. Once peeled, they can be used immediately. Keep cold in the refrigerator and use within one to two days.

Easter Egg Safety

Easter is here and plans are being made to decorate eggs.

Dyeing eggs is a creative fun activity. After hard boiling eggs, dye them and store in the refrigerator. Use food-safe color-

ing or natural colors from other foods.

If using these eggs for the annual egg hunt, chose hiding locations protected from dirt, moisture, pets or other contamination. If eggs

get cracked, toss them. Set out and hunt the eggs within two hours to keep them safe.

For more information, see [USDA Eggs from Farm to Table](#).

Always wash your hands, all equipment and work surfaces before and after handling raw eggs.

The Myths About Safety of Raw Flour

Raw flour is just that. It is raw. To be consumed safely, baking or cooking it is a must. There are some misconceptions or myths surrounding raw flour that could lead to foodborne illness. Here are a few.

- *White flour is safer than whole wheat flour.* During milling of wheat to making white flour, the bran is removed. This may reduce bacterial load by one log, which is not significant enough to be consumed raw.
- *Bleached vs. Unbleached flour.* The bleaching process of flour has no effect on the overall safety. It only whitens the color of flour and is still raw flour.
- *Heating the flour in the oven or microwave.* This is still not a proven step to heat treat flour at home before it is used. Flour is a low moisture food, and some bacteria can survive. Oven or microwave heating may be uneven or could catch the flour on fire.



Always wash your hands after handling raw flour, dough or batter.

Photo: Canva.com

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Food Recall Basics



Photo: Canva.com

Food recalls happen almost daily for various reasons. But do you hear about them? Likely not unless it is a large amount of food or affects many people in multiple states. It is important to know that food recalls are issued because the problems can lead to illness or even death. Sometimes it is just an alert to inform consumers about potential health risks. Many times

the source of a problem may not be readily identified.

Food recalls are issued for many reasons, including but not limited to:

- Bacterial contamination.
- Foreign objects in the food such as metal shavings or broken glass.
- Contamination by a major food allergen and not listed on the food label.

Many food companies voluntarily issue food recalls. Those notices will come from the companies. Others will go through CDC, USDA or FDA. More information can be found at www.foodsafety.gov/recalls-and-outbreaks.



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



The Costs of Food Recalls

When a food recall happens, it can lead to irreparable damage to the company. Food loss is just one loss factor. Other costs can include:

- Cost of destroying and disposing of the food.
 - Legal costs due to lawsuits and settlements.
 - Investigation costs to find the source of the problem.
 - Fees for government fines or expenses.
- Crisis management costs to manage media and public relations.
 - Loss of revenue from food loss, lost sales, and loss of customers.
 - Reputation damage can lead to a business closing its doors.

The complex food chain must keep food safety at the forefront of their business to be proactive and prevent food recalls.

Source: <https://esha.com/blog/true-cost-of-a-food-recall/>



Photo: Canva.com