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## New Director of Food Science Institute



The Food Science Institute at Kansas State University welcomes Dr. Jeanette Thurston as Director of the Institute. Dr. Thurston began her position on June 17, 2019.

For the last 10 years, Dr. Thurston has held positions of increasing responsibility at the U.S. Department of Agriculture's National Institute of Food and Agriculture, advancing basic and applied research, education, extension and strategy in the area of food safety.

Dr. Thurston holds a Ph.D. in soil, water and environmental science and microbiology, a master's in environmental science, and bachelor's in microbiology – all from the University of Arizona.

For the last three years, she has served as NIFA's science program officer. Among her responsibilities are serving as the champion for NIFA's science portfolio, providing strategic support and counsel to top leadership regarding the agency's science programs and helping develop and execute an annual budget of roughly \$1.5 billion.

From 2009–2015, Thurston was a national program leader for food safety at NIFA, leading science programs and serving as a liaison to land-grant and other universities, national laboratories, industry partners, federal agencies and other stakeholders.

She began her career as a research microbiologist with the Agricultural Research Service where she established and managed a public-health microbiology research lab on the campus of the University of Nebraska-Lincoln.

## Kansas Agricultural Growth Summit

The Kansas Department of Agriculture is looking forward to hosting the fourth annual Kansas Agricultural Growth Summit on August 29, 2019. The Summit hosts Kansas farmers, ranchers and agribusinesses and invites them to work together in a collaborative setting to

discuss growing agriculture in Kansas. Please join with agriculture leaders from across the state as ideas are shared about how we all can work together to expand opportunities for Kansas agriculture.

There is no cost to attend

the event, but please register for an accurate meal count and to provide adequate materials for all attendees.

For more information and registration, see [www.agriculture.ks.gov/AgGrowthStrategy/ag-summit-2019](http://www.agriculture.ks.gov/AgGrowthStrategy/ag-summit-2019).

## Kansas Environmental Public Health Tracking

In this time of emphasis on the culture of health, there are many environmental affects that can determine the health of consumers.

To help track data related to environmental public health, the Kansas Department of Health and Environment has a tracking network that brings together data concerning some health and environmental prob-

lems. The bottom line goal is to improve where all Kansans live, work, and play.

This tracking network is a part of the CDC's National Environmental Public Health Tracking program. The CDC provides funds to 26 state and local health departments to feed data into the National Tracking Network.

Some of the topics addressed by this network in Kansas include:

- Air quality
- Lead exposure in children
- Asthma hospitalizations
- Cancer incidence rates
- Carbon monoxide poisoning hospitalizations



Learn more at <https://keap.kdhe.state.ks.us/Ephtm/Default>

For more information on how to can foods safely using the water bath canning method, see [www.bookstore.ksre.ksu.edu/pubs/MF3241.pdf](http://www.bookstore.ksre.ksu.edu/pubs/MF3241.pdf) and [www.rrc.k-state.edu/preservation/index.html](http://www.rrc.k-state.edu/preservation/index.html)

## New Canning Starter Kit

If you are new to home canning, you may not want to invest in a lot of equipment. A new starter kit is now available to help first-time canners be successful.

The new kit is from Newell Brands, makers of

Ball® and Kerr® products. It includes four half-pint jars, a silicone rack to fit in stock pot, a packet of Classic pectin, a jar lifter, and headspace/bubble remover tool, and a funnel. It also includes instructions.

The silicone rack is a little smaller than a standard wire rack. It is for water bath canning only.

Learn more at <https://bit.ly/2JrHzIS>.

## New Canner from Presto®

Smooth cooktops can be a challenge to use for home canning. Some of those cooktops are induction, which means they require cooking equipment that is induction compatible to function properly.

National Presto® Industries, Inc., makers of pressure canners, have just released an induction compatible pressure canner for induction ranges. This is a dial-gauge canner that has a stainless steel-clad base. It also works on gas, electric, and other smooth-top ranges. An exception is it may not work on some portable induction burners. It should not be used on any burner that is more than 12,000 BTUs. Current Presto® canners are safe for smooth cooktops as long as the stove manufacturer allows canning.

For more information, see [www.gopresto.com/product/23-quart-induction-compatible-pressure-canner-with-stainless-steel-clad-base-01784](http://www.gopresto.com/product/23-quart-induction-compatible-pressure-canner-with-stainless-steel-clad-base-01784).

**PRESTO**  
For delicious recipes, visit [www.GoPresto.com](http://www.GoPresto.com)

23-quart induction compatible  
**Pressure Canner**  
with stainless steel-clad base

- The only method recommended safe for canning vegetables, meats, poultry, and seafood.
- Doubles as a boiling water canner for fruits, jams, jellies, pickles, and salsa.
- Works on gas, electric, smooth-top, and induction ranges.\*
- Handy as a large capacity pressure cooker.

Deluxe pressure gauge registers the complete range of processing pressures, which are especially important at higher altitudes.

- Easy, confident home canning. The only method recommended safe for low-acid foods by the U.S. department of agriculture.
- Works on induction ranges. Constructed of heavy-gauge polished aluminum with a stainless steel-clad base for fast, even heating.
- Extra-large size for big canning jobs. Holds up to 7 quart jars, 20 pint jars, or 26 half-pint jars.
- Air vent/cover lock allows pressure to build only when the cover is closed properly. Prevents the cover from being opened until pressure is safely reduced. Gives a visual indication of pressure inside the canner.

Includes a canning/ cooking rack and 80-page instruction and recipe book. 12-year limited warranty.

	Altitude	Depth	Height	Weight
Single Canner: LPEC 075741017846	1	1.74	14.81	15.37
Master Packs				

\*May not work on all portable induction burners.  
Note: This pressure canner is designed for use on household range burners of 12,000 BTUs or less.

## Eating Fish During Pregnancy Advice Updated



Photo: USDA Flickr  
Tuna is listed as a best choice by the FDA.

The Food and Drug Administration has updated their advice in regards to consuming fish while pregnant, breastfeeding, young children, and women planning to become pregnant. While the concern about consuming mercury is still valid, the advice now includes the importance of consuming fish as part of a healthy diet.

The nutritional composition of fish is beneficial to women during pregnancy and for young children. This includes heart health benefits and lower risks of obesity. The nutrients include protein, omega-3 fats, more vitamin B12 and vitamin D than any other food, iron, and other minerals like selenium, zinc, and iodine. A serving size for adults is 4 ounces and to consume two to three servings a week.

The FDA guidance includes charts and information in English and Spanish. There are lists of different types of fish categorized by best choices, good choices, and choices to avoid.

Learn more at [www.fda.gov/food/consumers/advice-about-eating-fish](http://www.fda.gov/food/consumers/advice-about-eating-fish).



## Eat Some Nuts! Improve Your Mind!

Nuts have been touted as beneficial with healthy fats, protein, and fiber. New research from the University of South Australia shows that they can also help adults have better mental function, improved thinking, reasoning, and memory.

The study followed 4,822 Chinese adults aged 55-plus from 1991-2006. They consumed 10 grams (two teaspoons) of nuts a day. They mostly ate peanuts. The results showed an improvement in cognitive function up to 60% compared to those who did not eat nuts.

Age is the biggest risk factor for cognitive health. Eating a few nuts each day is worth the effort!

Source: [www.ift.org/IFTNEXT/nut-consumption-spurs-cognitive-health.aspx](http://www.ift.org/IFTNEXT/nut-consumption-spurs-cognitive-health.aspx)



Photo: USDA/ARS



## Shelf Life of Mrs. Wages Mixes

Mrs. Wages makes several packaged mixes to help make home canning easy and quick. All of their products for canning use the water bath canning method. But do the mixes have a shelf life?

The company recommends using their mixes within 24 months of the day and year it was produced. On the side of every package is an 8 digit code. On the packets, it is imprinted on the package. On the salsa canisters, it is printed on the bottom. So, in the example at left, the B identifies the production facility. The 5 is the last digit of the year the mix was produced (2015). The next three numbers indicate the day, out of 365 days in the year, the mix was produced. So 138 is May 18. This is known as the Julian date. The last three digits indicate the production batch code, B92. So this particular mix has expired and should not be used.

Source: [www.mrs wages.com/canning/frequently-asked-questions/](http://www.mrs wages.com/canning/frequently-asked-questions/)

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## Choosing Edible Flowers



**Squash blossoms**  
Photo NC State Extension

Edible flowers are used in salads,  
entrees, desserts and beverages.  
So which ones are safe to use? Not  
all flowers are edible.

Do some research. Good reference  
resources will guide you safely.  
Always be sure they are not poi-  
sonous. Do not use flowers from  
florists, garden centers, or picked  
from the roadside. Introduce them  
into your diet in small amounts as

some can have unpleasant side  
effects. Not all parts of the flower  
are edible, so research can help  
determine which parts to use.

Here are some resources:

[www.johnson.k-state.edu/docs/  
lawn-and-garden/in-house-  
publications/perennials/Edible%  
20Flowers.pdf](http://www.johnson.k-state.edu/docs/lawn-and-garden/in-house-publications/perennials/Edible%20Flowers.pdf)

[https://extension.umn.edu/  
flowers/edible-flowers](https://extension.umn.edu/flowers/edible-flowers)

[https://extension.colostate.edu/  
docs/pubs/garden/07237.pdf](https://extension.colostate.edu/docs/pubs/garden/07237.pdf)

[https://extension.psu.edu/a-  
consumers-guide-to-edible-flowers](https://extension.psu.edu/a-consumers-guide-to-edible-flowers)

[https://content.ces.ncsu.edu/  
choosing-and-using-edible-flowers-  
aq-790](https://content.ces.ncsu.edu/choosing-and-using-edible-flowers-aq-790)



**Karen Blakeslee, M.S.**



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