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A Little Cup of Joe is All You Need



A hot cup of coffee helps to power through your to-do-list!

Photo: Alice Henneman

Do you crave that cup of coffee to give you a morning boost? Many do to get their day started. Caffeine has been a go-to source of energy for centuries.

Caffeine has some benefits. It is a mild stimulant and can improve brain function. It has some potential to lower risks for type 2 diabetes, heart disease and some types of cancer. Besides caffeine, polyphenols and antioxidants can also provide some protection to chronic illnesses.

But, while these benefits are encouraging, there are some risks. Not everyone reacts to caffeine the same. Caffeine consumption frequency can cause you to consume even more over time to get the same affect. Excess caffeine can raise blood pressure, cause insomnia, jitters, increased heart rate, headaches, nausea among other health concerns. Your weight and medications you take can also change how you tolerate caffeine.

The 2020-2025 Dietary Guidelines for Americans recommend that healthy adults can safely consume 400 mg of caffeine each day. This is equal to about four cups of coffee. Pregnant women should cut that amount in half.

Getting enough sleep can help reduce the amount of caffeine needed to stay awake. Adults should strive for seven to nine hours each night. Besides coffee, there are other choices. Check out this [caffeine calculator](#) to learn more.

Source: [Food Insight, March 11, 2021](#)

National Festival of Breads Voting Open!

The virtual [National Festival of Breads](#) competition has selected the finalists. Now it's time for you to vote for your favorite!

The adult division has three categories including savory rolls, sweet bread/

rolls, and traditional breads. The youth division has two categories including sweet rolls and a creative bread shape.

Voting will happen from May 14-25, 2021 for the People's Choice Award. Go

to the [National Festival of Breads](#) website to view the recipes and vote for your favorite. A virtual "Best of Breads" Champion and other awards will be announced on June 9, 2021 at 3:00pm.



Can You Preserve Food Safely in “Smart Cookers?”

“Smart Cookers” or Electric programmable pressure cookers (EPPCs) are very popular for preparing a quick, nutritious family meal. But what about the safety of those appliances for canning foods?

Preliminary research conducted by Utah State University included testing three brands of EPPCs, three USDA low acid food canning reci-

pes, three different altitudes to see how temperature changes, and all tests were done in triplicate. All jars were fitted with wireless data loggers to monitor temperature changes.

The results showed these appliances are not safe for canning low acid foods. The key in all canning is the temperature inside the jars during processing. For low acid

foods, the “cold spot” or center of the filled jar must reach 250°F and maintain it for 2.5 minutes. None of the EPPCs reached this temperature. Altitude greatly reduced temperatures. As altitude goes up, the boiling point of water goes down. The size of these appliances also impacted the time of heat lethality.

Source: J. of the NEAFCS, Vol. 15, 2020



Further research is planned to determine the safety of canning in EPPCs.

More details and information will be available soon on the Kansas 4-H website.

Kansas 4-H Wheat Expo

Hey Kansas 4-Her's! This is for you! The Kansas 4-H Wheat Expo is a celebration of wheat! This year's event is planned for August 11, 2021 at the Butler Community Building in El Dorado, KS.

One of the many contests to participate in is the baking contest. Start practicing now to enter in three divisions, yeast rolls, cookies and muffins. Wheat flour must be the major ingredient.

This Expo includes tours to local attractions, and contests in photography, educational posters, cleaned wheat, and two bin run wheat categories. Cloverbuds are also encouraged to participate.

Canning Supplies Coming Back

The COVID-19 pandemic hit the supply chain of many products, including canning supplies. But, be patient! The supplies are coming back!

According to Newell Brands, makers of Ball® and Kerr® products, they have increased production, added more production shifts, streamlined production to manufacture more of the top-selling jars and lids, eliminated offseason production reduction, and are replenishing stock as quickly as possible. Consumers must practice patience and resist panic-buying to allow everyone to get their supplies.

Also, be very careful about scams and off-brands, there are many! [Authorized retailers](#) are the best sources for authentic products.





What are Emulsifiers?

If you grew up in the '70s, do you remember lava lamps? Those mesmerizing colorful blobs of wax slowly moving around in water never mixed together. That is because they naturally repel each other. But if an emulsifier was present, they would combine into a new type of lamp! In foods, emulsifiers help combine many ingredients into tasty foods we enjoy.

Emulsifiers are natural or man-made. Plant-based emulsifiers include pectin, starch, carrageenan and locust bean gum. Other foods that emulsify ingredients include egg yolks, mustard, salt and vinegar. A couple examples of emulsified foods include mayonnaise and ice cream.

Many emulsifiers are classified as hydrocolloids. They provide structure, texture, flavor and improve shelf life. They are deemed as Generally Recognized as Safe (GRAS) by the U.S. Food and Drug Administration. Some hydrocolloids can also be good sources of fiber, lower cholesterol, and improve insulin functionality.

Source: [Food Insight, May 7, 2021](#)

Judging Foods and Food Preservation at Fairs

Fair season is almost here! If you are a new judge or experienced judge for foods and food preservation, there is training to help you learn or brush up on tips to be an informed judge.

Food safety is of utmost importance. Learn about the safety of frostings and fillings in the new publication "[Food Safety of Frostings and Fillings](#)," MF3544. A video is also available on this topic.

For foods and food preservation judging, information and videos from the 2020 trainings are available to view on your own. Scorecards and how to create a positive judging experience are also included.

All of this information can be found on the ["Judging at Fairs" website](#).



Summer fruits make a tasty side dish!

Source: Food Technology, April 2021

On the Side

Cooking at home this last year allowed consumers to try new recipes and new cooking techniques. But as the pandemic subsides, cooking fatigue increased. So meal creativity was important.

One category of food that saw a surge in popularity was side dishes, in particular, frozen side dishes. Over half of households (55%) bought frozen side dishes twice a week. There are many options to choose from to complete a meal.

Here are some resources to create your own easy and healthy side dishes:

- [Spend Smart. Eat Smart.®](#) - Iowa State University
- [Side Dishes](#)—University of Nebraska Extension
- [Side Dishes](#)—North Dakota State University Extension

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**GRILLING ESSENTIAL:
FOOD THERMOMETER**

You cannot determine if food is fully cooked just by looking at it. The only way to make sure food has reached a safe minimum internal temperature is to use a **food thermometer**.

Tips for Using a Food Thermometer

- To ensure safety and prevent overcooking, check the internal temperature of the food toward the end of the cooking time.
- The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle. Check the temperature in several places to make sure the food is evenly heated.
- Clean your food thermometer with hot water and soap before and after each use!

Safe Minimum Internal Temps

- Beef, veal, lamb, steaks and roasts: **145 °F** with a three-minute "rest time" after removal from the heat source
- Ground meats: **160 °F**
- Poultry (whole, parts or ground): **165 °F**

Get more safe grilling tips at www.fightbac.org.



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Do You Know the Signs of a Stroke?

Strokes are life threatening and the third leading cause of death. But most people don't know the signs. Remember to BEFAST! You could help save a life! Learn more from the [American Stroke Association](http://www.americanstrokeassociation.org).

B	E	F	A	S	T
Balance	Eyes	Face	Arms	Speech	Time
Does the person have a sudden loss of balance?	Has the person lost vision in one or both eyes?	Does the person's face look uneven?	Is one arm weak or numb?	Is the person's speech slurred? Does the person have trouble speaking or seem confused?	Call 9-1-1 now!

Photo: Duke Health