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Scare Bacteria with Franken-BAC!



Franken-BAC
Source: Fightbac.org

Franken-BAC wants you to have a safe Halloween bash! Keep these tips in mind to keep your ghouls and goblins food safe.

- Scare BAC! (foodborne bacteria) away by keeping all perishable foods chilled until serving time. These include, for example, finger sandwiches, cheese platters, cut fruit or tossed salads, cold pasta dishes with meat, poultry, or seafood, and cream pies or cakes with whipped-cream and cream-cheese frostings.
- Cold temperatures help keep most frightful bacteria from multiplying.
- To keep party trays cold, fill lids with ice and place trays on top. Place bowls of salads cold by nesting them in larger bowls of ice.
- Arrange food on several small platters. Refrigerate platters of food until it is time to serve, and rotate food platters within two hours.
- Don't leave perishable goodies out for more than two hours at room temperature (1 hour in temperatures above 90°F).
- When whipping up Halloween treats, don't taste dough and batters that contain uncooked eggs or raw flour.
- Beware of spooky cider! Unpasteurized juice or cider can contain harmful bacteria such as *E.coli* O157:H7 and *Salmonella*. Serve pasteurized products at your Halloween party.
- Remind kids (and adults too!) to wash their hands before and after chowing down to help prevent foodborne illness.

2022 Urban Food Systems Symposium

Save the date for the 2022 Urban Food System Symposium! This event will be September 26-29, 2022 in Kansas City, Missouri.

This symposium will bring together a national and

international audience of academic and research-oriented professionals to share and gain knowledge on how we can build coalitions to adapt to this changing world and how urban food systems contribute to these solutions.

Learn more about this event at www.urbanfoodsystemssymposium.org/.

Preserving Sweet Potatoes

Sweet potatoes are a favorite fall vegetable packed with lots of nutrition. While they can be stored at room temperature, they can also be preserved for easy meal preparation later.

Sweet potatoes should be cured for at least a week to within two months after harvest. Can sweet potatoes be in chunks. Do not puree or mash the potatoes. They

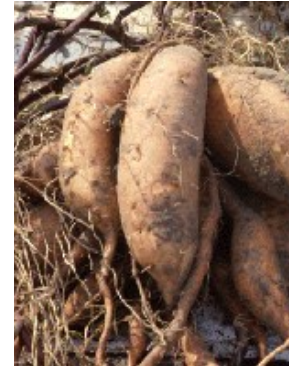
must be pre-cooked until partially soft prior to canning. Pressure canning is the only processing method for a safe product.

Freezing is another option. Cook until almost tender, then cool. Peel and cut into halves, slices or mash. To prevent color changes, dip them in a lemon juice solution. Fill freezer containers leaving 1/2-inch head-

space for expansion.

See [Preserving Vegetables](#) for complete instructions for canning and freezing.

Are you growing your own sweet potatoes? Learn about [harvesting and curing](#) from K-State Research and Extension Horticulture.



Sweet Potatoes

[Pandemic Response and Safety Grant Program](#)

Pandemic Response and Safety Grant Program

The Pandemic Response and Safety (PRS) Grant Program provides funding to help small specialty crop producers, food processors, manufacturers, distributors and farmers markets recover costs incurred by re-

sponding to the COVID-19 pandemic, including for measures to protect workers.

This program is for small specialty crop producers, food processors, manufacturers and distribu-

tors, as well as farmers markets. Funding will range from \$1,500 to \$20,000. Applications open September 23, 2021 and close November 8, 2021.

Preserving Fall Tomatoes

As fall approaches, fall gardens will start to wind down. Tomato plants may still be producing tasty tomatoes, which can be enjoyed fresh. But if a frost or freeze has occurred while tomatoes are on the vine, do not can those tomatoes. Preserve them by freezing or dehydrating for later use.

These tomatoes may have a pH level greater than 4.6 and may have extra pathogens. The canning process time may not be enough to kill extra organisms. This could lead to a product that spoils and is unsafe to eat.

Over-ripe tomatoes are less acidic. The acidity level in tomatoes varies throughout the growing season. Tomatoes reach their highest acidity when they are still green and decrease in acidity until they reach their lowest acidity as they mature.



Source: <https://bit.ly/2x6KwBw>



After the Hunt: Preserving Venison

 Cool the dressed carcass to 35 to 40°F as soon as possible

 Age the carcass at 40°F or less to reduce game taste and tenderize the meat

 Freeze meat for 3 months or less for best quality

 A pressure canner must be used to safely can venison

For more information:
<http://nchfp.uga.edu/tips/fall/venison.html>

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After the Hunt: Preserving Wild Game

Hunting season has begun! Wild game provides wholesome, nourishing food, but food safety is key for preserving the meat.

To retain the quality of the meat, it is important to handle and preserve the meat safely and efficiently. The most popular methods to preserve the meat are freezing, dehydrating, or canning.

Pressure canning is the only method to can meat. Be sure your canner is in good working order and remember to adjust the processing pressure for your altitude of residence.

Dehydrating meat into jerky makes a quick snack that is easy to store and is portable. The ideal dehydrating temperature is 140°F. But the meat must be heated, either before or after dehydrating, to 160°F.

Learn more at www.ksre.k-state.edu/foodsafety/topics/animal.html#wild

Food Safety for Local Food Entrepreneurs

Local food entrepreneurs are a real benefit to their local community and economy. Food safety in their business is critical to success.

A new publication developed by North Dakota

State University Extension and K-State Research and Extension called [Food Safety Best Practices for Local Food Entrepreneurs](#) outlines best practices to maintain safety standards. Always consult state reg-

ulations to be in compliance.

For Kansas, a good place to start is with the [Kansas Value Added Foods Lab](#). Contact us at kvaf@ksu.edu or 785-532-1294.

Want to sell food direct to consumers in Kansas? See our publication [Food Safety for Direct to Consumer Sales: Regulations and Best Practices](#).



Raw packed apples
Source: NCHFP

Tips on Canning Fruit

Peach season is about over and apples are ready for harvest. Canning fruit is a great way to preserve them for later use. When canning, there is flexibility on the liquid used in the jars.

- Water can be used by itself if you are reducing sugar intake. Just know the quality of the fruit may be reduced without the sugar.
- [Sugar syrup](#) can range from 10-50 percent sugar. This adds sweetness, protects the color and texture.
- Fruit juice can add some sweetness and complement the fruit itself. For example, for apples, use apple juice.

Learn more on preserving fruit at www.rrc.k-state.edu/preservation/recipes.html.

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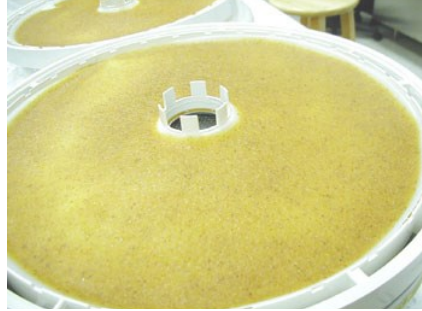
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Department of Agriculture Cooperating,
Ernie Minton, Interim Director.

Preserving Fruit Pureé



Fruit pureé can also be dried into [fruit leather](#) for nutritious snacks.

If a fruit has instructions to be
canned, you can make a fruit
pureé and have it ready for an
easy side dish or snack.

These recommendations should
not be used with bananas, dates,
figs, Asian pears, tomatoes, cantaloupe and other melons, papaya,
persimmons, ripe mango or coco-

nut. There are no home canning
recommendations available for
pureés of these products.

Wash, peel and remove pits or
seeds. Place fruit in a large sauce-
pan and add one cup water per
quart fruit. Cook slowly until fruit
is soft. Add sugar if desired. Pro-
tect light colored fruit with a color
protector such as ascorbic acid.

A food mill is best to make a
pureé. If using a food processor, it
will add a lot more air which is dif-
ficult to remove during preparation
and canning.

See complete instructions from the
[National Center for Home Food
Preservation](#).

ask
an EXPERT



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Sorghum Syrup vs. Molasses

Sorghum syrup is made from
sweet sorghum. This grain is
grown in the gulf states, north
to Wisconsin and west to Kan-
sas, Iowa and Minnesota. Ken-
tucky and Tennessee are the
leading producers of sorghum
syrup. It is about 10-14 feet tall
and the syrup comes from the
canes or stalks. It takes about
It takes about eight gallons of
sorghum juice to make one gal-
lon of [sorghum syrup](#).

Why choose sorghum syrup
over molasses? It has similar
quality and consistency to mo-

lasses. It is sugar, so it still pro-
vides carbohydrates. The nutri-
ent iron is one unique benefit to
consuming sorghum syrup. Ac-
cording to the [USDA Food Data
Central](#) database, sorghum syr-
up has 3.8mg/100g and molas-
ses has 4.72 mg/100g. Calcium
and potassium are also in these
syrups.

Here are some tips to substitute
sorghum syrup in your recipes
from the [National Sweet Sor-
ghum Producers & Processors
Association](#).