Scare Bacteria with Franken-BAC!

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.

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.

Franken-BAC
Source: [Fightbac.org](http://Fightbac.org)

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](http://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 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 headspace 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.

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.

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

This program is for small specialty crop producers, food processors, manufacturers and distributors, as well as farmers markets. Funding will range from $1,500 to $20,000. Applications open September 23, 2021 and close November 8, 2021.

Source: https://bit.ly/2x6KwBw
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 you 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 regulations to be in compliance.

For Kansas, a good place to start is with the Kansas Value Added Foods Lab. Contact us at kvavl@ksu.edu or 785-532-1294.

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.
Sorghum syrup is made from sweet sorghum. This grain is grown in the gulf states, north to Wisconsin and west to Kansas, Iowa and Minnesota. Kentucky 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 eight gallons of sorghum juice to make one gallon of sorghum syrup.

Why choose sorghum syrup over molasses? It has similar quality and consistency to molasses. It is sugar, so it still provides carbohydrates. The nutrient iron is one unique benefit to consuming sorghum syrup. According to the USDA Food Data Central database, sorghum syrup has 3.8mg/100g and molasses 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 Sorghum Producers & Processors Association.

Preserving Fruit Pureé

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

Wash, peel and remove pits or seeds. Place fruit in a large saucepan and add one cup water per quart fruit. Cook slowly until fruit is soft. Add sugar if desired. Protect 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 difficult to remove during preparation and canning.

See complete instructions from the National Center for Home Food Preservation.