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### Why Ingredients are Added:

- To help or improve safety and freshness
- To enhance flavor
- To boost the texture
- To make the food more attractive to consumers

## Deciphering Ingredient Lists



Do the words "cyanocobalamin," "docosahexaenoic acid," and "pyridoxine hydrochloride" stop you from buying foods? Those are also known as vitamin B12, an omega-3 fatty acid, and vitamin B6. So why put those complicated words on ingredient statements? The Food and Drug Administration requires the scientific names on the labels. Manufacturers can also list the common names behind them in parentheses.

According to the 2011 Food & Health

Survey by the International Food Information Council (IFIC), consumers say that "hard-to-pronounce-equals-unhealthy." In reality, the pronunciation has nothing to do with how healthy an ingredient is in the food.

Education is important. Learn what the ingredients are and why they are in the food. To help with education, the IFIC has a new publication entitled "What's in Our Food: Understanding Common Food Ingredients." It explains why these ingredients are used, what their purpose is, and where they are commonly found.

Learn more at [www.foodinsight.org/Content/5438/FINAL%20WIF%208-22-12.pdf](http://www.foodinsight.org/Content/5438/FINAL%20WIF%208-22-12.pdf).



## Heart Healthy Recipes

Looking for recipes for family meals and dinners?

The National Heart Lung and Blood Institute has two cookbooks with heart healthy recipes. One is called "Deliciously Healthy

Dinners." The second is called "Deliciously Healthy Family Meals."

The first book has recipes with Asian, Latino, Mediterranean and American cuisine. The second book

has kid-tested, quick recipes with tips to get kids in the kitchen.

Learn more at <http://bit.ly/8F4Pis>.



## Removing Stains on Plastic Food Containers

Many plastic food containers are designed to use once only. But some can be reused. If food stains remain after washing, here are some tips to remove the stains.

- Place in direct sunlight for a few hours.
- Soak in a bleach so-

lution of 2 teaspoons bleach per gallon of water. Drain, wash, and rinse before using.

- For off odors, scrub with a solution of 1 teaspoon baking soda per 1 cup water. Undiluted vinegar is also an option.

To reduce stains in plas-

tic containers, try spraying the inside with cooking spray. If the food is not cooked in the container, line it with plastic wrap or foil. Tomato stains are difficult to remove. Avoid microwaving tomato products in plastic containers.



Source: American Cleaning Institute  
<http://bit.ly/NmMWAJ>



**Stevia is safe for diabetics as it does not increase blood glucose levels. Always read the food label for carbohydrate information of foods.**

## Stevia—A Low-Calorie Sweetener

Stevia is a fairly new sweetener to many in the United States, but it has been used in many countries for years.

Stevia is a natural, no-calorie intense sweetener

that is 200-300 times sweeter than sugar.

Stevia has been approved for use by the Food and Drug Administration since 2008.

An information brochure about stevia is now available from the International Food Information Council at <http://bit.ly/NMTvOr>.

## America's Breadbasket

Education is one of the Kansas Wheat Commission's strengths. To help educate consumers on wheat foods, wheat food products and baking assistance, they have a new web site called [America's Breadbasket](http://www.americasbreadbasket.com).

The website contains recipes, bread shaping tips, and tips for successful baking. Learn about how to get kids interested in baking and using wheat. There is also a link to information about the National Festival of Breads.

Learn more about America's Breadbasket at [www.americasbreadbasket.com](http://www.americasbreadbasket.com).



[www.kswheat.com](http://www.kswheat.com)

## Reusing Plastic Food Storage Bags



In today's world of "reduce, reuse, recycle," consumers are looking for ways to save on waste. But when it comes to storing or transporting food for meals, reusing bags could create a food safety problem.

Plastic storage bags are intended to be used once, then thrown away. Some sources are encouraging consumers to reuse them. They say "wiping the inside of the bags clean" makes them reusable. This brings up food safety questions. How are they wiped clean? What foods were in the bags? What is used to wipe them clean?

Bags that held any type of perishable food should not be reused. This includes meats, dairy foods, and other foods that need refrigeration. Once the bag is used, left at room temperature for hours, the dirty bag could contain bacteria that can grow.

A better, less wasteful option is to use containers that can be washed by hand in hot soapy water or in the dishwasher.

Learn more about packing food safely at <http://1.usa.gov/Q5E7sd>.



## Is Pigweed Edible?

While farmers consider pigweed an annoying weed in fields, it can also be consumed.

Pigweed is actually in the amaranth family. All parts are edible. The

young leaves can be eaten in fresh salads or cooked and used like spinach. The greens are high in iron, calcium, niacin and vitamins A and C.

Amaranth seeds are rich

in protein and fiber.

They are used raw, in hot cereal, ground into flour, or even popped like popcorn.

Older plants are not tasty and are very woody.

**Pigweeds can grow from 3 to 10 feet tall. They can be found anywhere from Canada to Argentina.**

Source: <http://www.aihd.ku.edu/foods/Pigweed.html>

## Why Glass Cookware Shatters



Since 1915, glass cookware has been used in many home kitchens. Some glass cookware, however, can shatter and cause injury. It is due to how the glass is manufactured.

Glass made of soda lime silicate is prone to thermal stress failure. Extreme sudden temperatures changes, such as freezer to oven is stressful on glass. Borosilicate glass can withstand sudden temperature changes.

Researchers studying this problem do caution users to not place hot glassware directly on countertops or a wet surface. This can cause explosive shattering of glass.

Always follow manufacturer instructions for proper usage and safety.

Source: [http://americanceramicsociety.org/bulletin/2012\\_pdf\\_files/sept\\_12/#/35/](http://americanceramicsociety.org/bulletin/2012_pdf_files/sept_12/#/35/)

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## Bread Dough Science



As bread dough proofs, there are many changes occurring to create a tasty bread. Here are three of the actions during proofing.

Yeast needs sugar and will consume any kind of sugar available within the dough. The enzyme zymase in yeast converts starch to sugar. Flour contains the enzyme diastase to create the



sugar maltose. When extra sugars are not added to the dough, these enzymes create sugar. Hence, the term a "lean dough."

Yeast creates carbon dioxide (CO<sub>2</sub>) to expand the dough. CO<sub>2</sub> increases the acidity and helps develop gluten structure. Long proofing times can create a weaker structure.

Water also helps create gluten into a web to trap CO<sub>2</sub>. It also affects how long a proof will take. A dry dough will take longer than a properly hydrated dough.

Source: The Baking Sheet, Autumn 2012, King Arthur Flour



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On the Web at  
[www.rrc.ksu.edu](http://www.rrc.ksu.edu)



## How to Clean Hard Surfaces

There are many types of surfaces we encounter every day including walls, floors, tables, chairs, appliances, etc. The next question is how to best clean these surfaces to extend their life.

From acrylic to wood, the American Cleaning Institute can help. They have a website to help you choose the best and safest cleaning product for the type of surface being cleaned. Cleaning product forms include

wipes, liquids, sprays, aerosols, gels, foams and granules.

Learn more at <http://bit.ly/Q3a0ll> and <http://bit.ly/OhtfG7>.

