



Inside this issue:

Leftovers	2
ChooseMyPlate Videos	2
Baking with Pre-schoolers	2
New Cracker Jack® Snack	3
Cilantro	3
Cookie Gifts	3
Freezing Pie	4
Soggy Salad	4



KSRE Nitrate Resources:

- [Understanding Your Water Test Report](#)
- [Nitrate and Groundwater](#)
- [Recommended Water Tests for Private Wells](#)
- [Nitrate Toxicity](#)

Blue Baby Syndrome



High nitrate content in certain foods, such as turnips, can cause Blue Baby Syndrome.

Because of the drought, many ranchers are cautioned to not feed turnips to cattle. Can this affect humans?



For children, under age one, consuming food or water with a high nitrate content can cause blue baby syndrome or methemoglobinemia. This is because babies normal intestinal flora can help

generate methemoglobin. Nitrate binds with hemoglobin which, carries oxygen throughout the body. This blocks oxygen to other tissues and causes the skin to turn blue. The coloration is mostly in the lips, nose, and ears but can spread to peripheral tissues in severe cases. This can lead to coma and death.

High nitrate levels can be found in certain foods grown in nitrate-containing fertilizer. These include spinach, celery, beets, lettuce, and root vegetables. It is also in cured meats such as bacon and salami. Medium levels can be found in groundwater and drinking water. Lower levels are in sediment, soil, ambient air and indoor air. The human body naturally makes nitrate also.

For adults, this is a low risk problem. But for babies, it could be a problem. Well water should be tested regularly.

Sources: <http://1.usa.gov/RXVKMR>
<http://1.usa.gov/RUjRO1>

'Teatime to Tailgates'

The 150th anniversary of Kansas State University is February 16, 2013. To help celebrate, Jane P. Marshall is writing a cookbook called "Teatime to Tailgates: 150 Years at the K-State Table." She

plans to publish the book in summer 2013.

She is accepting food-related memories and stories to fill the book. If you would like to share your memories, send

them to:

Jane P. Marshall
121 Justin Hall
Kansas State University
Manhattan, KS 66506
Email: jpm2@ksu.edu
<http://bit.ly/Vy3jhw>



It's About the Leftovers!

For some people, the best meal of the holiday season is the leftovers. So here are some ideas to savor the meal again.

- **Turkey Soup**—Save the turkey carcass and simmer it with aromatic vegetables to make savory soup base.
- **Casseroles**—combine the turkey or ham with the vegetables and make a casserole, pot pie or even a Shepherd's pie.
- **Turkey Chili**—Use white beans, onions, celery, corn, chilies, and broth to make this hearty soup.
- **Sandwiches**—Slice the turkey, add cranberry sauce, and other toppings on a whole wheat bread for a tasty sandwich.
- **Enchiladas**—Find your favorite chicken enchilada recipe and substitute turkey for a festive meal.



Sources: www.eatturkey.com
<http://urbanext.illinois.edu/turkey/>

ChooseMyPlate Videos



Two new videos are available from ChooseMyPlate.gov to help teach about fruits and vegetables, and about communities on the move.

These videos were winners of two video contests sponsored by the USDA and the White House.

These and many other videos are available at

www.choosemyplate.gov/videos.html.

Baking with Preschool Children

Teaching young children about baking can also help them learn math and reading skills, motor skills, eye-hand coordination and how to follow directions. The Home Baking Association wants to help make teaching budding young bakers easy.

The curriculum "Bakeworks" is designed to teach scratch baking, preschool enrichment and community service. Written by preschool educator Julie Ratchford, it has eight weeks of baking lessons with sample timelines, resources, teacher tools, healthy recipes and more.

Learn more at www.homebaking.org/PDF/bakeworks.pdf.



A New Version of Cracker Jack® Popcorn



For over 100 years, Cracker Jack® snacks have been a favorite with the added surprise of a toy inside. The makers of Cracker Jack®, Frito-Lay, are about to introduce a new version of the snack with a very different surprise.

Caffeine is the new ingredient being added to follow the trend of added caffeine in drinks, candy, and other foods. This new version will be called “Cracker Jack’D.” It will contain “power bites” that will have about 70mg of caffeine from coffee in a 2 oz. package. This is the FDA caffeine limit for a 12-ounce soft drink.

Public interest groups are concerned about children consuming these snacks. A Frito-Lay spokesperson says they are marketing this snack to adults. It will also have a completely new package that is different from the iconic Cracker Jack® box.

Sources: <http://b.globe.com/TOt1KC>
<http://cspinet.org/new/201211141.html>



Cilantro...Love It or Leave It

Julia Child disliked cilantro in recipes. Cilantro is an herb that is used in many ethnic meals such as Mexican and Asian. But for some consumers, they can do without the green, leafy herb.

Some people say cilantro tastes like soap or dirt. This is due to aldehydes in the herb. These people have a olfactory receptor gene labeled OR6A2. This gene binds with the aldehydes which

causes the soapy taste.

Consumers in other countries also dislike cilantro due to this gene.



Sources: <http://arxiv.org/abs/1209.2096>
 Tufts University Health & Nutrition Letter, Nov. 2012

Gifts of Cookies

It’s the holiday season so spread some cheer with a box of cookies. Here are some tips for mailing cookies from the kitchens of King Arthur Flour.



- Bar cookies or crisp cookies ship well. Bar cookies retain moisture longer. Crisp cookies have low moisture. Both need to be wrapped well.
- Use a sturdy box with soft packing material like bubble wrap.
- Put each cookie in a cupcake liner to help prevent damage.
- Put cardboard in the freezer bag and pack the bag snugly to prevent shifting.
- Cushion with bubble wrap and fill box so it is snug. For extra padding, pack inside another box. Close, seal, label and ship!

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Tips for Freezing Pie



Plan ahead for holiday baking with these tips for freezing pie.

- **Pie crust**—freeze baked or unbaked. Freeze in pie pans to prevent damage. Bake unbaked crust from freezer at 475°F, or fill and bake as usual.



- **Unbaked fruit pie**—Make as usual and add one extra tablespoon of thickener. Do not cut vents in top crust until ready to bake. Freeze in pan. Package. The bottom crust tends to get soggy, but fruit flavor is fresher. Bake without thawing at 450°F, 15-20 min. Reduce to 375°F for 20-30 min., or until brown.
- **Pumpkin pie**—Prepare as usual and chill filling and fill unbaked, chilled crust. Bake without thawing at 400°F, 10 min. Reduce to 325° to finish baking.

Learn more at <http://bit.ly/RGkbiv>.



Karen Blakeslee, M.S.

On the Web at
www.rrc.ksu.edu



A Fix for Soggy Salad

Limp salad greens are not very appetizing. So how can this problem be averted?



Remember to fill half of your plate with fruits and vegetables.

Salad greens have a waxy cuticle layer the stops watery liquids from penetrating the leaves. But oil breaks down this waxy layer.

A couple techniques can help this problem. First, for a sim-

ple vinaigrette, toss the salad with vinegar first, then add the oil.

The second method is to use an emulsified vinaigrette made of vinegar, oil, mayonnaise and mustard. The vinegar surrounds the oil droplets and traps them. This keeps the oil from soaking into the leaves.

Source: Cook's Illustrated, Nov. 2012