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Plan Now for Gardens and Food Preservation



Planning now saves you time later!

Winter is here, but many people are planning now for gardening. While you study garden catalogs or websites, don't forget to plan how you will preserve the produce this summer. Your edible garden can be preserved in many ways including canning, freezing, dehydrating, and pickling.

What freezer space do you have? Be sure to use up last year's stash to make room for the new batch. Clean the freezer to remove stray food and spills

from broken packages. To freeze food, follow [freezing](#) guidelines for each food and use bags or plastic containers designated for freezing to maintain best food quality.

Do you like to can your produce? If so, get up to date on current recipes and guidelines. For best safety and quality, follow [tested recipes](#). Using older recipes and methods can lead to spoiled food, food waste, and foodborne illness.

Have you checked your equipment? Now is the time to get your dial gauge tested. Contact your local Extension office for testing. The canner brands we can test include National, Presto, Maid of Honor and Magic Seal. Inspect the canner for any wear and get parts replaced. Sources for replacement parts can be found at www.rrc.k-state.edu/preservation/canning.html.

Learn more about food preservation at www.rrc.k-state.edu/preservation/index.html.

2020 HBA Educator Award Contest

Do you teach baking in a classroom or community program? Enter a baking lesson or baking activity to be eligible to win \$1,000 and a trip for two to the 2020 Home Baking Association Annual Meet-

ing. Whether you teach in the classroom, community programs, organizations, or at home, anyone teaching baking to others is encouraged to enter. All entrants will receive teaching resources.

Entry deadline is March 31, 2020!

Learn more and how to apply for this award at www.homebaking.org/educator-award/.



Don't Let the End Zone be the Danger Zone!

Score a touchdown at your party by serving great food, but winning safe food!

Clean: Prepare for the win!

- Wash your hands with warm soapy water for 20 seconds.
- Wash and sanitize all dishware and utensils.

Separate: Your best defense!

- Keep raw meat and poultry away from ready-to-eat foods.
- Use a clean utensil for each dish.
- Use a clean plate when going for second helpings of food.

Cook: A game winner!

- Use a food thermom-

eter to check for doneness

- All poultry—165°F
- Burgers and sliders—160°F
- Soup and reheated foods—165°F

Chill: Don't let the clock expire!

- Keep hot foods hot and cold foods cold.



Learn more at <https://bit.ly/2FDJ0ZL>.



This event will be held February 8, 2020, from 9:00am to 3:00pm.

Feeding Your Future

Do you know a high school student interested in grain science education in college?

Sign up now for a FREE, hands-on [Feeding Your Future Discovery Day](#) to learn about different areas of grain science in-

cluding baking, feed and milling science.

This event will be held Saturday, February 8, 2020 on the K-State campus. Current students will lead you through the program with the help of faculty

and staff. Explore labs, milling facilities, and compete in a judging competition.

Register now! Contact Brenda Heptig for more information at bheptig@ksu.edu or 785-532-4051.

Scholarships in Food Science

Do you have a student interested in food science? There are great scholarships available to help curb the financial burden of college expenses.

The Institute of Food Technologists offers [Feeding Tomorrow](#) tuition scholarships for incoming freshman, current undergraduate students, and graduate students.

The Institute of Food Technologists also offers students travel scholarships to attend the Institute of Food Technologists Annual meeting.

Applications for scholarships are open now! Learn more at www.ift.org/community/students/scholarships.



Food science students at Kansas State University have been awarded many of these IFT Scholarships.

February is American Heart Month

The American Heart Association designates February as American Heart Month!



Protect your heart, you can protect your brain. Making lifestyle behavior changes can improve overall cardiovascular health, but it also benefits cognitive health. This is due to good blood flow from the heart to the brain. Failing brain function leads to problems with thinking, memory, concentration, energy level and overall body health.

Exercise is so important and a simple 30-minute walk can help. Just get up and move! Plan now to join Walk Kansas 2020 to help get you and your team motivated, and improve overall health.

Be proactive about your health. Know your numbers, such as blood pressure and cholesterol. Make simple lifestyle changes, they really don't take a lot of effort. Know your risk, heart disease kills one in three women. Talk to your family and include them in making lifestyle changes.

Learn more at www.heart.org.



Hudson Cream Flour Festival

Like to bake? Like to enter a fun competition? Then this event is for you!

The Hudson Cream Flour Festival is set for Saturday, March 28, 2020 in Hudson, KS. There will

be a baking contest, other contests, kids activities, tasty food, and more all centered around wheat.

The baking contest will have adult and youth divisions. This is a great

event to start trying recipes to enter into your local county fair.

Follow updates on the [Hudson Cream Flour](#) Facebook page.

The Stafford County Flour Mill in Hudson, KS has been milling flour for over 100 years!



Photo: USDA/ARS

Tea May Help Brain Health

There have been many reports on the benefits of drinking tea. It can be refreshing, soothing, calming and also provide health benefits.

In a recent study from the National University of Singapore, they looked at how tea effects brain function. Specifically, they targeted the connection between the left and right hemispheres of the brain. This was designed to see if tea would reduce the aging affects on the brain and the connections regarding cognition and organization.

By using neuropsychological tests and magnetic resonance imaging, the study found that consumers who drank black, green, or oolong tea four times a week had better brain connectivity and better functionality.

While more research is needed, this is a positive step to better brain health. Read more at <https://news.nus.edu.sg/research/drinking-tea-improves-brain-health>.

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2020 Kansas Nutrition Council Conference



Kansas Nutrition Council Annual Conference
April 23, 2020 ► K-State Alumni Center ► Manhattan, KS

Come join your friends and colleagues in the nutrition field at the [Kansas Nutrition Council conference](#) scheduled for Thursday, April 23, 2020, at the K-State Alumni Center, Manhattan, KS.

The conference agenda includes:

7:30-8:00 a.m. | Breakfast & Registration

8:00-9:00 a.m. | Jim Painter, *What's Your Carb IQ?*

9:00-10:00 a.m. | Megan Harper, *Digestive Health*

10:00-10:20 a.m. | BREAK

10:20-11:20 a.m. | Jenna Braddock, *Enneagram Type & Eating*

11:20 a.m. -12:20 p.m. | Claudia Martin-Ayoade, *Intermittent Fasting: Trending Fad or Future Goals?*

12:20-1:15 p.m. | LUNCH
(Sponsored by KS Beef Council)

1:20-2:20 p.m. | Rebecca Kirk-McConville, *Optimizing Nutrition to Avoid Red-S*

2:20-3:20 p.m. | Paige Penick, *Getting Out of Your Head: Becoming More Effective in Business and Communication*

3:20-3:30 p.m. | BREAK

3:30-3:45 p.m. | Brainstorming Session: *The Future of KNC*

3:45-4:45 p.m. | Andrea Kasper-Doggett, *Trauma-Informed Care Across Client Systems*

[Register now!](#)



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



SAVE THE DATE

Feb 1: Iola
Feb. 8: Wichita
Feb. 21: Olathe
Feb. 22: Hiawatha
Feb. 28: Beloit
Feb. 29: Leoti

*Get your scales certified
(cost included with registration)

2020 REGIONAL FARMERS' MARKET WORKSHOPS

Find answers to questions about selling at farmers' markets, sales tax, and food safety for all types of food products.



Sign up now for the 2020 Regional Farmers' Market Workshops at
www.fromthelandofkansas.com/page/farmers-market-regional-workshops.