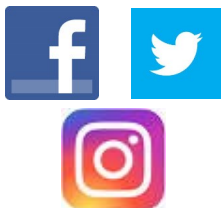


Inside this issue:

Food Safety Summer School	2
White-fleshed Peaches	2
Preserving Mulberries	2
Peanut Butter Recall	3
Vinegar	3
Preserving Tomatoes	3
Jam Made with Frozen Fruit	4
Why Jam Separates	4

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Food Safety at the Fair



Enjoy the fair, but before you eat, wash your hands after handling any animals or being in animal areas. Photo: KSRE

County fair season is here! It's a great way to build community and have fun. Part of the fun at fairs is food so food safety is important to a successful event.

Petting zoos and animal exhibits can be educational and fun. The important step after handling animals is washing your hands to avoid illness.

According to the [Centers for Disease Control and Prevention](https://www.cdc.gov), between 2010-2015, about 100 outbreaks occurred

from people handling animals at public events such as fairs. There are many types of bacteria that can spread from animals to people such as *E. coli* O157:H7, *Salmonella*, and *Cryptosporidium*. A clean and healthy animal can still carry harmful bacteria. Even if you don't pet the animal, and you touch fences or other equipment, the bacteria can transfer to your hands.

Your best defense is washing your hands! Have handwashing stations available and signs reminding visitors to wash their hands. Keep food vendors away from animal areas. Food stand managers should take proactive steps to train workers about proper handwashing.

Learn more at www.ksre.k-state.edu/foodsafety/topics/4h.html.

For Kansas Extension Agents, posters can be found in Teams at KSRE Resources>Nutrition, Food Safety and Health PFT>Files entitled "4H Food Stand Signs."

2022 4-H/FFA Wheat Expo

Save the date for the 2022 Kansas 4-H Wheat Expo on Thursday, August 4th at the Stafford County Annex Building in St. John, KS.

The Wheat Expo will be a fun, educational and

hands-on program for all Kansas 4-H members, siblings, parents, grandparents, and KSRE Extension staff. You do not have to be enrolled in crops/plant science projects to participate. 4-H members enrolled in Food

and Nutrition, Photography and Field Crops projects are encouraged to participate.

For complete details and registration go to www.kansas4-h.org/events-activities/conferences-events/wheat/index.html.

Summer School for Consumer Food Safety Education

Join the North Central Region Food Safety Extension Network for Summer School for Consumer Food Safety Education! Three free webinars are targeted to Extension educators and volunteers. The dates and topics include:

June 29—Safely Donating Produce and Other Foods to Food Pantries

July 13—Summer Food Safety on the Road

July 27—Food Safety Implications of Soaked Nuts.

All webinars are from 1:00-2:00 EDT. Registration is required so **sign up now!**

2022 Summer School for Consumer Food Safety Education
Special Webinar Series for Educators and Extension Volunteers

DATES: 29 JUNE
13 JULY
27 JULY

1-2pm EDT

SPEAKERS:

Dr. Londa Nwadike
Dr. Shannon Coleman
Dr. Pei Liu
Dr. Julie Garden-Robinson
Dr. Linda J. Harris
Dr. Yaohua "Betty" Feng

REGISTER

This series is made possible through a food safety outreach grant supported by the USDA, as well as the North Central Region Food Safety Extension Network.

PURDUE UNIVERSITY Food Science



White Peaches

Photo: Canva.com

Do Not Can White-Fleshed Peaches

There is evidence that some varieties of white-flesh peaches are higher in pH (i.e., lower in acid) than traditional yellow varieties. The natural pH of some white peaches can exceed 4.6, making them a low-acid food for

canning purposes. At this time there is no low-acid pressure process available for white-flesh peaches nor a researched acidification procedure for safe boiling water canning.

Freezing is the recommended method of preserving white-flesh peaches.

Source: Dr. Elizabeth Andress, Professor Emeritus, University of Georgia

Preserving Mulberries

Mulberries are a tree fruit found in many Kansas locations. Besides freezing them, there are a few other ways to preserve them. It is important to know when they are ripe. Red mulberries are ripe when almost black. White mulberries may be white, red or deep purple.

Here are some ideas to preserve mulberries:

- Mulberry Jelly with powdered pectin
- Mulberry Jelly with liquid pectin
- Whole fruit—only use berries listed in this recipe for safe canning.

Source: [National Center for Home Food Preservation](#) and [Purdue University](#)



Mulberries

Photo: Canva.com

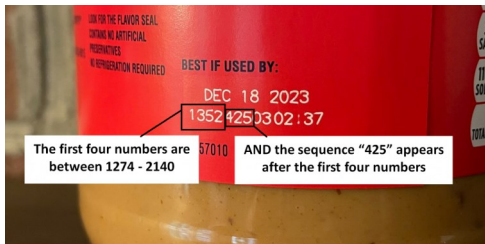
Check Your Pantry for Recalled Peanut Butter

County fair season is here! Bakers are studying their recipes to choose a favorite recipe to enter into baking competitions. If you choose a recipe containing peanut butter, that's great! But search your pantry for any Jif brand peanut butter that has been recently recalled.

While baking and cooking food does help destroy bacteria, in the case of a recalled food, you don't know if your product is contaminated and how much contamination may be present. The heat from baking or cooking may not kill it all. Peanut butter is popular in no-bake cookies and peanut butter icing. Because these are typically not heated or have minimal heating, this can lead to foodborne illness. You don't want the foods judge to get sick!

The picture at left shows how to identify the recalled Jif products. For more information see [the Food and Drug Administration announcement](#).

For a list of exact products included in the recall, see the [Food and Drug Administration public service announcement](#).



The first four numbers are between 1274 - 2140 AND the sequence "425" appears after the first four numbers

Look for the first four numbers between 1274-2140. The next three numbers should be 425.
Photo: FDA



5% Acidity Vinegar—The Gold Standard for Pickling

For pickling, the recommended vinegar to use is one with 5% acidity. This is also known as 50 grain vinegar. While most vinegars are at 5% acidity, some are not. Therefore, show wisely and read the label.

Typical distilled white vinegar and apple cider vinegar has 5% acidity, but it depends on the brand. There are some alternative vinegars, such as a "pickling vinegar base" which is only 2.5% acidity. There are

no pickle recipes developed for this type of vinegar for canning, but it could be used in a refrigerator pickle. Do not use "cleaning" vinegars as they are too high in acidity.

Learn more about different vinegars from [Penn State Extension](#).



Salsa is a favorite! Use [re-searched recipes](#) for safe results.

Reminders for Preserving Tomatoes

Gardens are bursting with all kinds of produce! Tomatoes are a favorite and are found in most gardens. Here are some reminders about preserving tomatoes.

While tomatoes may have a tart, acidic flavor, they are not as acidic as you think. Some are actually low acid. Therefore, it is critical to treat all varieties and colors of tomatoes the same when it comes to canning. They must be acidified with either citric acid, bottled lemon juice or vinegar. And this applies to both processing methods of water bath or pressure canning. Learn more in our [Preserve it Fresh, Preserve it Safe: Tomatoes](#) publication.

Salt is optional as it is only added for flavor. Leaving salt out of canned tomatoes will not compromise the safety.

Always choose the best, disease-free, vine-ripened tomatoes for best results.

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Making Jam & Jelly with Frozen Fruit



Frozen blueberries
Photo: NCHFP

The following tips, from the [University of Minnesota Extension](#), will help create successful jams and jellies from frozen fruit or juice:

- The best frozen fruits for jams or jellies are blueberries, red and black currants, gooseberries and rhubarb.
- Before freezing fruit, measure the fruit and label the container.

Many fruits collapse as they thaw and may create an inaccurate measure.

- Jams and jellies from frozen fruit and juice are better if no sugar is added before freezing.
- When freezing fruit for jelly or jams, use 1/4 under-ripe and 3/4 ripe fruit.
- Thaw frozen fruit in the refrigerator until only a few ice crystals remain. Follow directions for the type of jam you are making and follow the recommended proportions of fruit (measured before freezing), pectin and sugar.

When making jelly from frozen juice, thaw frozen juice in the refrigerator overnight. Measure juice and use it immediately in recommended proportions with sugar and pectin.



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Why Fruit Jam Separates

Fruit jam is a summer favorite to make from a variety of fruits such as strawberries or peaches. But after the work is done and the jars have processed and cooled, you may have fruit floating to the top. Here are some tips to help prevent this from happening.



Photo: KSRE

1. Always use ripe fruit.
2. Crush the fruit into very small pieces.
3. Cook the jam per instructions, do not undercook it.

4. After cooking, remove from heat, gently stir, off and on, for about 5 minutes, then fill jars.
5. After processing, let the jars rest in the canner for 5 minutes before removing to cool.
6. While still warm, check for separation. Lids should seal quickly. If separation is starting, turn jars upside down for about one hour, then right side up.
7. Separated jam can be stirred up and enjoyed!

Source: [Michigan State University Extension](#)