

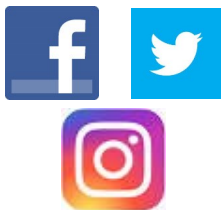


Inside this issue:

- Food Safety Summer School 2
- Baking Pie in Disposable Pans 2
- Temporary Food Stand Safety 2
- Freezing Food Exhibits 3
- Food Safety Posters 3
- 4th of July Food Safety 3
- Can Tomatoes Safely 4
- Preserving Elderberries 4

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Why is Headspace Important in Canning?

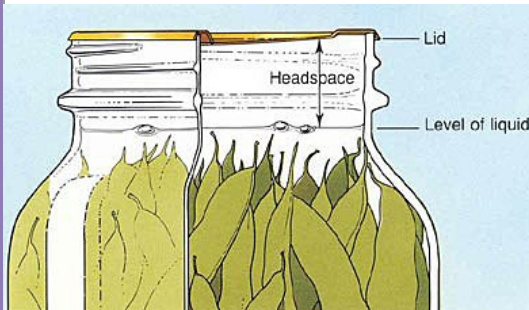


Photo: USDA Complete Guide to Home Canning

Headspace is the space in the jar between the inside of the lid and top of the food or its liquid. The amount of headspace needed depends on the type of food being processed.

If the jars are filled too full the contents may boil out during processing. Solids or seeds may be caught under the sealing compound and prevent the jar from sealing.

If too much headspace is left at the top of the jar, the processing time may not be long enough to drive out all the extra air from the top of the jar. This would mean that a tight vacuum seal may not

be formed. Also, the air left inside the jar could cause the food to discolor.

For the correct headspace for each food, check the processing directions for each specific food.

Starchy foods, such as beans or potatoes, tend to swell when heated and therefore require more headspace.

The extent of expansion during processing is determined by the air content in the food and by the processing temperature. Air expands more at higher temperatures.

The USDA Complete Guide to Home Canning recommends the following headspace measurements:

- Jams and Jellies—1/4 inch
- Fruits and tomatoes to be processed in a boiling water bath—1/2 inch
- Low acid food to be processed in a pressure canner—1- to 1-1/4 inches

Source: USDA Complete Guide to Home Canning and National Center for Home Food Preservation

2023 4-H Wheat Expo

Registration is now open for the [2023 Kansas 4-H Wheat Expo](#).

This year's event will be held in Pratt, KS on August 8, 2023. [Registration is required.](#)

Sign up to have your fa-

vorite wheat recipe judged, enter your wheat photos in the photo judging, or participate in the wheat judging. All participants also have the opportunity to participate in the tours. This year, we'll be touring the Kansas

Department of Wildlife and Parks and the local ethanol plant, Pratt Energy, LLC.

For questions, contact [Kelsey Nordyke](#).

Summer School for Consumer Food Safety Education

The North Central Food Safety Education Network is offering three sessions of Consumer Food Safety Education for Extension personnel, educators, and volunteers for their professional development or advanced training.

The three sessions include:

- Effective Food Safety Communication— June 27, 1-2pm EDT

- Safety of Fermented Products—July 12, 1-2pm EDT
- Flour Food Safety— July 26, 1-2pm EDT

Register by scanning the QR code at right or at

https://survey.purdue.edu/qualtrics.com/survey/form/SV_bC6U6ofGnotx3vM

LIVE WEBINAR

2023 Summer School for Consumer Food Safety Education

Special Webinar Series for Educators and Extension Volunteers

Dr. Masami Takeuchi | Dr. William Hallman | Dr. Erin DeCapele

Eerie Juliet and Ardent Mills Team

PURDUE UNIVERSITY
Food Science

IT'S FREE

June 27 | July 12 | July 26

START AT 1:00 PM - 2:00 PM EDT

Register Now!

This workshop is made possible through a food safety outreach grant supported by the USDA and supported by the North Central Region Food Safety Education Network.

Baking Pie in Disposable Pans

With county fairs gearing up soon, so are bakers to bake a prize-winning pie. But getting the pie to bake properly in a disposable aluminum pan can be a challenge. Aluminum does not hold heat and bakes slowly.

Here are some tips to prevent soggy bottom crusts:

- For blind baking, increase baking time up to 10 minutes or until golden brown.
- For double-crust pies, place pie pan on a preheated baking sheet or baking stone.
- For double-crust pies, set the pie inside a glass or stoneware pie pan for more heat transfer.

Source: Cook's Illustrated, July 2012

Another option is to shop garage sales for glass pie pans that you don't want returned!

Temporary Food Stand Safety

Fair season is almost here! Here are some reminders from the [Kansas Department of Agriculture](#) for serving food safely in food stands.

- Food prepared in private home may not be used or offered
- All equipment needed for the intended operation must be on hand
- Food contact surfaces must be protected from contamination by consumers
- There must be separate areas for taking money and preparing food.
- Dishwashing must include washing, rinsing and sanitizing equipment.
- A handwashing facility must be available with hot/warm water, soap, and paper towels.
- Only one raw, potentially hazardous food that requires onsite preparation or cooking can be made or served.



Learn more at <https://bookstore.ksre.ksu.edu/pubs/MF3472.pdf>

Photo: Canva.com

Freezing Food for the Fair

To help save time and stress at county fairs, prepare food entries early and freeze them. Most baked goods freeze well and can still be blue ribbon quality. This includes cookies, yeast and quick breads, and cakes. Here are some tips:



Photo: KSRE Flickr

- Bake the product as usual. Cool completely! This helps prevent condensation inside the wrapping and development of ice crystals.
- Use moisture-vapor resistant packaging. This includes freezer-safe plastic containers or bags, heavy-duty aluminum foil, and rigid containers.
- Separate layers of cookies with wax paper or parchment paper.
- If a cake or bread is to be frosted, freeze the product only and frost after it is thawed.
- Make pie crusts ahead of time and freeze. Freezing whole prepared pies can cause the filling to soak into the crust.
- Thaw all baked goods in the freezer packaging. They can be thawed at room temperature. Remove from the freezer the night before the fair. Once thawed, repackage into the proper packaging according to your fair rules.

Source: Univ. of Georgia, www.uqa.edu/nchfp/publications/uqa/FreezingPreparedFoods.pdf



Food Safety Posters for Fairs and Other Events

Food safety messaging happens in many formats. One tool that can be helpful is using posters with simple messages.

For Kansas events, food safety posters are available to help remind workers and fair-goers that

food safety is important. Topics covered include thawing food safely, using thermometers to check temperatures, keeping hot foods hot and cold foods cold, and finally, keeping raw foods separate from ready-to-eat foods.

Download these posters, laminated them and post in food handling areas. They are available at <https://www.ksre.k-state.edu/foodsafety/topics/4h.html>.

Don't forget to put up posters in livestock areas to remind everyone to wash their hands!

Have a Food Safe Fourth of July!

Celebrate July 4th with the four steps to food safety!



Cook ground meat to 160°F
Photo: Canva.com
Source: [USDA Press Release](#)

- **Clean**—Always wash your hands before handling food and eating. Wash them after handling raw meats.
- **Separate**—Keep raw foods away from ready-to-eat foods to prevent cross contamination. Consumer research has shown that 32% of had contaminated plates and cutting boards. And don't forget spice containers! Of those surveyed, 12% had contaminated spice bottles.
- **Keep Hot Foods Hot!** - Keep hot foods above 140°F during serving. If outside on hot days above 90°F, store leftovers within one hour.
- **Keep Cold Foods Cold!** - Keep cold foods below 40°F. Again, refrigerate leftovers within one hour on hot days.

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Department of Agriculture Cooperating,
Ernie Minton, Director.

Safely Preserving Tomatoes



See [KSRE Preserving Tomatoes](#) for
more information
Photo: NCHFP

Tomatoes are borderline in pH between acid and low acid foods, so the USDA preparation directions for these products call for acidification to allow a less severe heat treatment than would be required without it. To ensure safe acidity in whole, crushed, or juiced tomatoes, add two tablespoons of bottled lemon juice or ½ teaspoon of citric acid per quart of tomatoes.

For pints, use one tablespoon bottled lemon juice or ¼ teaspoon citric acid. Add acid directly to jars before filling. Sugar may be added to offset an acid taste, if desired, but the acid cannot be decreased to taste.

No matter how you choose to can your tomatoes, all steps in preparing and cooking the foods still need to be followed for the process time (s) printed with them. The process times are very different for tomatoes packed in water compared to tomato juice or without added liquid. For many of these tomato products, there are canning options for both boiling water and pressure canning available in our directions.

Source: https://nchfp.uga.edu/tips/summer/canned_tomato_types.html

ask
an EXPERT



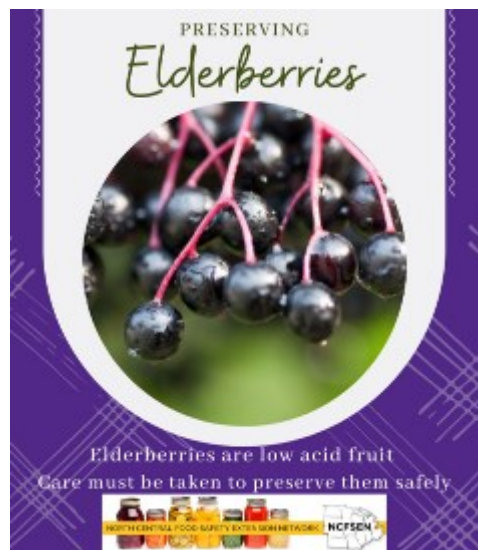
Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Reminder About Elderberries



While elderberries are a fruit, they are actually low acid which can be problematic for canning.

There are some guidelines and instructions to make elderberry jam or jelly safely at www.rrc.ksu.edu/preservation/doc/july-august-presnews2021.pdf.

Do not use low or no-sugar pectin as sugar is critical for safety. Do not replace any sugar with honey.

Freezing is always a safe option for preserving elderberries.