



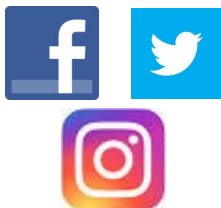
Inside this issue:

Peeling Produce	2
Easy Peeling	2
Storing Produce	2
Cheese Please!	3
World Food Safety Day	3
Celebrate Juneteenth	3
Fats and Oils in Canning	4
Temporary Food Stand Guidelines	4



Now on Facebook, Twitter and Instagram!

- On Facebook—
www.facebook.com/KSREfoodie
- On Twitter—
[@KSREfoodie](https://twitter.com/KSREfoodie)
- On Instagram—
[@KSREfoodie](https://www.instagram.com/KSREfoodie)



Food Preservation Resources



As gardens are getting planted, so are plans to preserve the harvest to enjoy in later months. To safely preserve food, education is key to know the best method and recommendations. The North Central Food Safety Extension Network is working to provide educational resources for a unified message. Here are some resources for your use.

Jar It Right! - Best practices for canning with Mason-type jars. Be sure jars are clean and free of nicks or cracks. Wash jars before use. Warm jars before filling with prepared food. Sterilizing jars is not required for processing times longer than 10 minutes.

Put a Lid On It! - Best practices for ensuring a safe seal on canning jars. Wash lids prior to use, do not heat or

boil lids as they may not seal properly. Clean the jar rim before applying the lid to reduce seal failures.

Pressure Can It Right! - Tips to safely use a stovetop or electric pressure canner. Pressure canners must be used for canning plain vegetables or any meat product to destroy *Clostridium botulinum* spores.

Steam Can It Right! - Guidelines on using a steam canner for preserving high acid foods. This method can be used for any water bath canned food with a total processing time of 45 minutes.

Learn more at www.ncrfsma.org/north-central-food-safety-extension-network-ncfsen.

2023 National Festival of Breads

The finalists have been chosen! The 2023 National Festival of Breads will be a virtual event On June 1, 2023 to announce the next top bread baker.

You can help select the winner by voting for the

People's Choice Award on the [National Festival of Breads Facebook page](https://www.facebook.com/nationalfestivalofbreads) by May 26, 2023.

Learn about the four finalists, their stories and their recipes at <https://festivalofbreads.com/>.

There are also 23 Honorable Mention awards from the preliminary judging in four categories of Say Cheese, Wholesome and Healthy, Quick and Easy, and Go Nuts!

Peeling Produce Before Preserving

When preserving food, there are certain steps to take to be sure the food is safe after preserving. One of those steps is peeling produce. Why? Bottom line is food safety.

While the outside peels of many types of produce are nutritionally beneficial, those peels can hold onto microorganisms and dirt. Rinsing produce with water be-

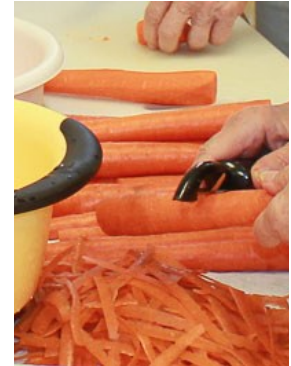
fore peeling is the first step to remove microorganisms and dirt. Peeling physically removes that outer layer and drastically reduces contamination. After a final rinse with water, the food is ready to preserve.

Therefore, when a recipe says to peel the produce, it must be done. That recipe was developed and researched with that step included. Choosing

to skip the peeling step can result in improperly processed food and spoilage.

Don't let those peels go to waste! Save them to make a vegetable stock to freeze and use in soups and other recipes. Add them to your garden compost pile or feed your animals.

Source: National Center for Home Food Preservation



Peeling carrots
Photo: KSRE Douglas county



Easy Peeling

Peeling produce is an important step to preserve food safely in all methods of food preservation.

While a vegetable peeler or paring knife is useful to peel produce, for some foods there is an easier method.

For tomatoes, blanching them in hot water works well and less flesh is lost. Heat a large stockpot of

water to boiling. Core tomatoes or poke the skin with a knife and place in the hot water for about 60 seconds or until the peel starts to pull away from the flesh. Remove them from the hot water and plunge them into an ice water bath to

stop the cooking process. Gently rub the peel and it should slip off easily.

This method works well for fruits with thin skins such as peaches and nectarines.

Produce Storage Tips

The recently updated [Kansas Garden Guide](#) is an excellent resource for growing many kinds of produce in Kansas. But it is also a great resource for guidance on harvesting and storing your bountiful harvest.

In Chapter 13 of the [Kansas Garden Guide](#), it guides you through the indicators of when to harvest produce including size, color and optimal harvest method. Preventing foodborne illness is key at this point due to presence of wildlife, personal hygiene or cross-contamination from dirty equipment. Some types of produce are best stored in the refrigerator, some can be at room temperature. Storage conditions of humidity and temperature also affect length of storage time.



**Kansas
Garden Guide**



K-STATE

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Cheese Please!



Learn more about different types of cheese at from [Undernaturally Dairy](#).

Photo: USDA ARS

June 4th is designated as cheese day! For some, that is every day. Cheese provides beneficial calcium and protein into a daily eating plan. Cheese also provides eight essential nutrients to help build healthy bones and support the immune system. There are hundreds of types and flavors to choose from as a snack or added to a recipe.

Have you tried to make cheese at home? A soft cheese can be made from milk and lemon juice. The acid coagulates the milk proteins to form clumps or curds which separate from the whey. Try this easy recipe from [University of Nebraska-Lincoln Extension](#).

Cheese comes in a variety of textures from soft to hard, and many flavors, which allows them to be used in different ways. To store cheese, keep it wrapped tightly with plastic wrap or in a tightly closed container. If unwanted mold appears, remove at least one inch of the cheese as mold grows into the food.



World Food Safety Day

Food standards save lives. This is the theme for [World Food Safety Day](#) is June 7, 2023. This is a day to promote food safety education to reduce foodborne illness.

The Partnership for Food Safety Education is hosting a webinar on "[How to Market Your Food Safety Campaign on a Shoestring Budget](#)." This event is free but registration is required.

Resources, in English and Spanish, for promoting World Food Safety Day and more information can be found at <https://foodsafetyday.org/about-world-food-safety-day/>.

It is estimated that almost 1 in 10 people in the world get sick from eating contaminated food.



Red hibiscus tea is a traditional West African beverage

Photo: Canva.com

Celebrate Juneteenth with Red Foods!

The color red is important for Juneteenth as it signifies resilience and respect to West African ancestors. So add some red foods to your menu as you plan your celebration!

- Strawberries and raspberries—add to lemonade, use in fresh salads, or a tasty pie.
- Red cabbage—Add the crunchy color to any cabbage slaw or leafy green salad with a red wine vinaigrette.
- Beets—Pickled beets are a tasty side dish with a little zing!
- Red beans—Add to a three-bean salad or use in red beans and rice.

Source: <https://cfaes.osu.edu/news/articles/chow-line-healthy-red-food-options-for-juneteenth>

Kansas State
University
Research & Extension

Rapid Response Center
1530 Mid Campus Drive North
221 Call Hall
Manhattan, Kansas 66506

Phone: 785-532-1673
Fax: 785-532-3295
Email: kblakesl@ksu.edu

*Knowledge
for Life*

Kansas State University Agricultural
Experiment Station and Cooperative
Extension Service

K-State Research and Extension is an
equal opportunity provider and employer.
Issued in furtherance of Cooperative
Extension Work, Acts of May 8 and June
30, 1914, as amended. Kansas State
University, County Extension Councils,
Extension Districts, and United States
Department of Agriculture Cooperating,
Ernie Minton, Director.

A Caution about Fats and Oils in Canning



**Canned beef chunks. Trim excess fat
for best results.**

Photo: KSRE

While fat or oil can enhance flavor
and texture in many recipes, when
it comes to canning, fat and oil can
lead to food safety problems.
There are very few recommenda-
tions to use fat or oil in home food
preservation.

Research shows that fats and oils
can surround bacterial spores, if
present, and protect them from
heat destruction. This allows them

to survive in the jar of food.

In canning meat it is best to use
the leanest meat possible. Fat can
boil up during canning and inter-
fere with the sealing compound of
the lid. Use the proper amount of
headspace for best results.

Do not add oil to home canned to-
mato sauces, salsa or marinated
vegetables. Making flavored oils
that contain herbs, garlic, peppers,
etc. can provide favorable condi-
tions for *Clostridium botulinum* to
survive when stored at room tem-
perature. Store these in the refrig-
erator.

Besides canning meat, poultry and
fish, there are very few researched
canning recipes that use oil. Learn
more at [www.rrc.k-state.edu/
preservation/index.html](http://www.rrc.k-state.edu/preservation/index.html).

Source: [https://extension.psu.edu/caution-
canning-with-fats-and-oils](https://extension.psu.edu/caution-canning-with-fats-and-oils)



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Temporary Food Stand Guidelines

Fair season is almost here! Here are
some reminders from the Kansas
Department of Agriculture for serv-
ing food safely in licensed food
stands.

- Food prepared in private homes
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 haz-
ardous food that requires on-
site preparation or cooking can
be made or served.

For 4-H food stands, see [https://
bookstore.ksre.ksu.edu/pubs/
MF3472.pdf](https://bookstore.ksre.ksu.edu/pubs/MF3472.pdf)

For more information, go to
[www.ksre.k-state.edu/foodsafety/
topics/4h.html](http://www.ksre.k-state.edu/foodsafety/topics/4h.html).