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Sesame—the Newest Food Allergen



Sesame seeds on top of a loaf of bread.

Foods that cause allergic reactions can be life threatening. Up until now, there have been eight major food allergens. With the passage of the [Food Allergy Safety, Treatment, Education and Research \(FASTER\) Act](#), the ninth major food allergen will be sesame. This is the first new allergen added to the Food Allergen Labeling and Consumer Protection Act (FALCPA) since 2006. The [FASTER Act](#) has been passed by the U.S. Congress and will likely be signed by the President into law.

There are more than 1.5 million Americans who are allergic to sesame. Until now, food products that contain sesame would list “natural flavors” or “natural spices.” This makes it almost impossible for consumers to know if the product contains sesame. Depending on the product, sesame may or may not be visible.

The [Food and Drug Administration \(FDA\)](#) regulations requires major food allergens be clearly labeled on food products. If left undeclared, it can be life threatening. The allergen will be clearly listed within the ingredient statement or in a separate statement.

Undeclared food allergens have been the number one leading cause of *Class I* recalls by the FDA in the last three years. A *Class I* recall means the product could cause serious injury or death. The eight current major food allergens cause 90% of documented food allergen health issues.

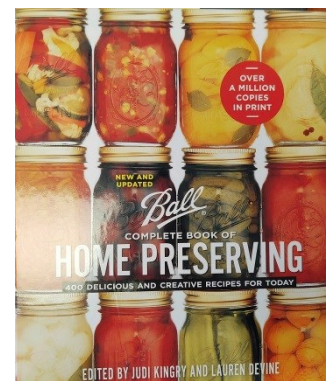
Updated Ball® Food Preservation Book

The Ball® Complete Book of Home Preserving has been in print since 2006. It is now updated and will be available in May 2021.

One change is with any recipe that used fresh lemon juice, now uses bottled lemon juice. For home canning, bottled lemon juice has a con-

sistent acid content. Fresh lemon juice acidity can vary which can lead to unsafe canned foods.

The new book also has some new recipes but also some recipes removed. This book has over 400 recipes and is a good companion to the traditional Ball® Blue Book.



What is Tangzhong?

Do you like the texture of bread or rolls that are pillow soft? An old bread technique has gained new popularity using an Asian yeast bread method called tangzhong. So what is this method?

Tangzhong, originally popularized in Japan and Taiwan, cooks a small amount of flour and liquid to make a thick slurry, then it is combined

with the rest of the ingredients. This slurry helps pre-gelatinize the starch in flour so it can hold more moisture. This also creates a structure to hold that moisture through the entire breadmaking process. The dough is easier to knead. The dough rises more and the texture will be moister, softer and stay fresher longer.

Can you convert your own recipes to add tangzhong? It may work for some recipes, but not for others. This is especially true for recipes such as a crusty baguette or chewy bagel. Some tips to try this with your favorite basic bread recipe can be found on the [King Arthur Flour](#) website.

Happy baking!



Bread dough
Photo: Colorado State University Extension



Foods that reduce problems with GERD help the muscle at the bottom of the esophagus relax which reduces acid production.

Can Apples Help with Digestion?

Gastroesophageal Reflux Disease (GERD), can be uncomfortable and disruptive to any eating occasion. Can apples calm down stomach acid issues? Possibly.

There are [general guidelines](#) to choose the best foods to treat GERD. Eat small portions for meals or snacks. Choose low-fat foods as fatty or greasy foods produce more stomach acid.

Fruits such as apples, grapes, cranberry, bananas and pears are good choices instead of citrus fruits and tomatoes. Steam, roast, stir fry or air fry vegetables instead of frying in fat or adding a cream sauce.

What is a Bialy?

It looks like a kolache, but has a texture of a bagel and English muffin. What is it? A bialy!

According to Merriam-Webster, it is defined as "a flat breakfast roll that has a depressed center and is usually covered with onion flakes." It may also include poppy seeds. The bialy comes from Polish city of Bialystok and are popular in New York City.

While bagels are boiled in hot water prior to baking, bialys are just baked. Bagels have a hole through the center and bialys have a large depression to hold the savory filling.

Give them a try!



Bialy
Photo: Canva.com

What is TBHQ?



Popcorn
Photo: Canva.com

There's an acronym for just about anything. So when you read an ingredient statement on a package of food, you may see the letters TBHQ. What is it?

Tertiary butylhydroquinone, or TBHQ, is a common preservative or antioxidant that prevents fat deterioration and slows staling. This ingredient is commonly used in crackers, fats and oils, chips, donuts, some breads, popcorn, other snacks, pre-made frozen foods and packaged dinners.

Since 1972, TBHQ has been classified by the U.S. Food and Drug Administration as Generally Recognized as Safe or GRAS. As a food additive, it has gone through rigorous research and testing to justify its safety. TBHQ content cannot be more than 0.02 percent of the fat and oil content in the food.

TBHQ helps provide quick, affordable food options, and reduces food waste. Remember to balance these foods with more nutrient-dense foods being the first choice.

Learn more from [Food Insight](#) and [What is TBHQ, and What Does it Do in Our Food?](#)



Learning Food Preservation Online

If you are a visual learner, online education may be for you!

For learning home food preservation, here are some Universities who offer online courses:

- [Michigan State University](#)
- [Penn State University](#)
- [University of Nebraska](#)
- [University of Missouri](#)
- [Iowa State University](#)

Learn at your own pace by watching these videos at [Preserve it Fresh, Preserve it Safe](#).

For more education to preserve food safely at home, see the KSRE website [Preserve it Fresh, Preserve it Safe](#).



Freeze raw rhubarb on a tray then pack into containers.
Photo: NCHFP

Ready for Rhubarb!

Rhubarb will soon be popping out of the ground! It is a perennial favorite in Midwest gardens. Here are some tips to store rhubarb or preserve it for later use.

After harvest, store rhubarb stalks in the refrigerator loosely wrapped in foil. This helps prevent moisture loss causing the stalks to become limp. Wrapping them tightly in an airtight plastic bag or wrap can also soften the stalks quickly. Wrapping loosely in foil reduces ethylene gas loss. It should remain fresh about two weeks.

To preserve for later use, here are some options from University of Georgia:

- [Freezing Rhubarb](#)
- [Stewed Rhubarb](#)
- [Rhubarb-Strawberry Jam with liquid pectin](#)

Source: Cook's Illustrated

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School-Based Physical Activity

The benefits of physical activity are many and well documented. For kids in school, it is especially important. Five ways physical activity benefits students include:

- Improved concentration and staying on-task.
- Reduced disruptive behavior, fidgeting.
- Improved motivation and engagement in class.
- Better grades and test scores.
- Increased total daily physical activity.

Benefits of School-Based Physical Activity

Regular physical activity in childhood and adolescence is important for promoting lifelong health and well-being and preventing a variety of health conditions. Schools are in a unique position, regardless of learning mode, to help students attain the recommended 60 minutes of moderate-to-vigorous physical activity daily.

A Comprehensive School Physical Activity Program (CSPAP) can increase physical activity opportunities before, during, and after school.

Increasing youth physical activity:

- Before and After School**
 - Walking or biking to and from school
 - Intramural sports and clubs
 - Extended day programs
- In Physical Education**
 - Standards-based curricula
 - Motor skills development
 - Physical fitness
- During School**
 - Classroom physical activity breaks
 - Active lessons
 - Daily recess
- Through Staff Involvement**
 - Role models for wellness
 - Classroom participation
 - Professional development programs
- With Community Engagement**
 - Shared use of recreational facilities
 - Opportunities for physical activity when school is out of session
 - Environments for safe travel to and from school

Benefits everyone:

- The Students**
 - Improved attention*
 - Better mood and memory*
 - Improved bone health
 - Healthier weight
 - Better heart health
 - Lower risk of depression
 - Better grades
- The Teachers**
 - More students on task*
 - Improved classroom behaviors*
 - Students getting better grades
 - Fewer absences
- The Community**
 - Lower health care costs
 - Expanded school partnerships
 - More access to activity-friendly spaces

*Immediate benefit from a single physical activity session
To learn more, visit: <https://www.cdc.gov/healthyschools/physicalactivity>



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On the Web at
www.rrc.ksu.edu



Better Banana Bread

There they are, sitting on your countertop. Bananas no one will eat because they are dark and over ripe.



Ripe bananas
Photo: Canva.com

Don't throw them away, make banana bread or muffins!

In fact, very ripe, dark skinned bananas are the best for banana

bread. They will give a deep banana flavor and moist texture to the bread.

As bananas ripen, the starch turns to sugar quickly. The sugar fructose is about triple the amount in green bananas. The more fructose the better!

What's more is that sugar acts like water when heated. This will add moisture to the bread along with sweet flavor.

Source: Cook's Illustrated