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## After the Hunt



Hunting season is in full gear for a variety of wildlife. Whether you are a new or experienced hunter, safety is key in many aspects, including [food safety](#).

The handling of the meat from harvest to preparation can make a major difference in flavor and safety of the end product. Here are some resources from [North Dakota State University Extension](#) called the “Wild Side of the Menu.”

- [Wild Side of the Menu No. 1—Care and Cookery](#)— Information on proper care and cookery of wild
- [Wild Side of the Menu No. 2—Preservation of Game Meats and Fish](#)—Recommendations for safely preserving game meats and fish for later enjoyment. Freezing meat and fish is the most accepted way to maintain top quality. Other methods for preserving game meats include curing and smoking, drying, corning, canning and sausage making. Fish also may be pickled or canned.
- [Wild Side of the Menu No. 3—Field to Freezer](#)—Wild game that is properly handled in the field and correctly cooked to enhance its distinctive flavors holds a special place for many cooks. The purpose of this publication is to describe how to properly handle your game from harvesting through processing.
- [Handling Game Birds from Field to Table](#)—A challenge to hunt, but a tasty meal is the reward.

game so you can fully enjoy the fruits of the field.

## Food Policy Council Virtual Workshop

The global pandemic has exposed numerous vulnerabilities and racial inequalities in our food system. Join the Urban Food Systems program for a virtual and interactive workshop, on November 18, 2020, 10:30am-1:30pm CDT, and learn how food policy councils can refocus their missions and take long term ac-

tions to promote more resilient and equitable local food systems. Presenters include:

**Mark Winne**—expert on food and hunger issues, community food assessment, and food policy

**Winona Bynum**— Director of the Detroit Food Policy Council

**Beth Low-Smith**—Vice President, Policy at KC Healthy Kids/ Director of Greater KC Food Policy Coalitions

**Misty Jimerson**—Health Educator for Thomas County Health Department & Northwest Kansas Food Policy Council

More details to come!

## Food Pantries and COVID-19

While food pantries have been quite busy this year, the holidays are traditionally the time when there is great need for food pantries. This year is no different.

Managers of food pantries and food distribution sites can [consider these steps](#) to help ensure safe access to food for their clients while helping prevent the spread of COVID-19.

Follow local guidelines and policies as to where and when food distribution can occur. This may include extended hours, outdoor distribution locations, and enhanced COVID-19 safety protocols.

Educate staff, volunteers and clients for their own safety. If anyone is sick, stay home! Clients should find someone else to pick up the food.

Food insecurity, even in the short-term, can have serious impacts on physical and mental health. During this difficult time, food pantry and food distribution sites are critical. Managers can provide safe and flexible options to help people with food insecurity while prioritizing the health and safety of clients, staff, and volunteers.

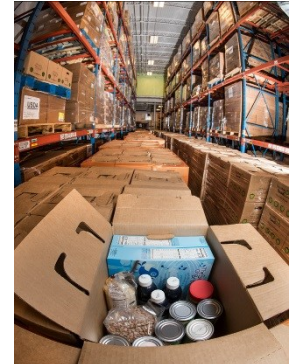


Photo: USDA Flickr

## When to Remove Jars from Canners

After water bath processing, turn off the burner, remove the canner lid, wait five minutes and then remove the jars to cool at room temperature.

A safely home canned food depends on the entire canning process from heat-up, through processing time, and finally cool down.

The cool down process should not be delayed once the processing is complete, and in the

case of pressure canners, the depressurizing step. Leaving jars inside a closed canner slows the cooling process greatly. If thermophilic bacteria are present, they can survive and grow. This leads to flat sour spoilage, an undesirable sour flavor and smell, and

compromised safety of the food.

Allow the pressure to drop on its own, remove the lid, wait five minutes and remove the jars to cool at room temperature.

Source: <https://extension.psu.edu/is-my-sealed-jar-safe>

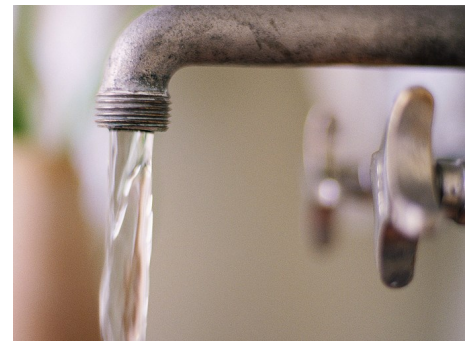
## Home Canning Water

Safe drinking water is a daily requirement. But, in the case of emergencies, potable water may be compromised. One option is to can water at home.

Only potable water that has been properly disinfected for drinking, cooking, making any prepared drink, washing dishes or for brushing teeth can be used to safely can water at home.

The boiling water canning method will kill vegetative bacterial cells, viruses, and parasites to give a shelf-stable product. The water must be of drinking quality and free of all additives. Follow standard boiling water canning procedures. **It is important to note that this process will not kill *Clostridium botulinum* spores.**

Learn more from the [University of Georgia](#).



Use home canned water within one year.

## Safely Preparing Frozen Foods



Photo: USDA ARS

When shopping the frozen food case, be aware that not all frozen foods are prepared the same. Don't assume that all frozen foods are equal when it comes to preparing them for consumption.

Consumers may not know that some frozen foods are not fully cooked or ready to eat, especially if they have browned breading, grill marks or other signs that normally show that a product has been cooked. In a recent FSIS observational study, 22 percent of participants said a not-ready-to-eat frozen chicken entrée was either cooked, partially cooked, or they weren't sure that the product was in fact raw.

The best advice is to read the cooking or preparation instructions on the package. This is specific to that product. The instructions may only have one cooking method or possibly multiple methods. This is important for all frozen foods whether they are vegetables or meat products. If the package states "not ready to eat" that means some form of cooking, baking or roasting must take place. Always use a food thermometer to check final temperatures.



Learn more at <https://bit.ly/33TK8qT>.


## New Handwashing Data

Hand hygiene is a critical prevention method for COVID-19 and other diseases. Consumers still need to work on making hand hygiene more important. Learn more in the [CDC Morbidity and Mortality Weekly Report](#).

During the pandemic, U.S. adults were more likely to remember to wash their hands after coughing, sneezing, or blowing their noses than in 2019\*

Despite this increase, about 1 out of every 4 people don't wash hands after these actions

### Always wash your hands

-  After using the bathroom
-  Before and after preparing or eating food
-  After coughing, sneezing, or blowing your nose

### During the pandemic, you should also wash hands

-  Before and after touching your eyes, nose, or mouth
-  After going to a public place and touching a frequently touched surface
-  Before and after touching your mask

\*ConsumerStyles data collected in October 2019 and June 2020 (by Porter Novelli Public Services)

CDC.GOV

[bit.ly/MMWR10820](https://bit.ly/MMWR10820)

MMWR

## Are You in Charge of the Holiday Meal?

While the holidays can be stressful, don't let the holiday meal stress you out! Take time to plan ahead to ease the stress and have success.



Stuffing cooked inside a turkey must reach 165°F.

- Decide when to purchase a fresh or frozen turkey. Order a fresh turkey to be picked up the week of Thanksgiving.
- If buying a whole turkey, plan for one pound per person.
- Plan for about one week to thaw a frozen turkey in the refrigerator safely. Do not wash the turkey before cooking.
- Use a food thermometer to determine doneness; all poultry products should reach a minimum 165°F.

More information can be found at [Food Safety for Holiday Meals](#).



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# Knowledge for Life

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## A COVID-19 Look at Home Kitchens



**Meals are likely to include more meat such as chicken, ground beef, and seafood.**

Have you spent more time in your kitchen this year? If so, you are not alone. Surveys show that 70% of U.S. households are now food preparation central for 80% of meals. This is up 40% from 2019 and likely not slowing down.

What are home cooks making? One survey says the most common recipes searched for on the inter-

net include banana bread, pancakes, chicken, pizza dough, brownies, crepes, meatloaf, French toast, lasagna, and cheesecake.

Who's doing the cooking? Millennials and Gen Z consumers are learning new cooking skills and discovering new passions through culinary experimentation, particularly with new seasonings.

What are we cooking with? Slow cookers are in nine in 10 households and pressure cookers are in half of consumers kitchens.

Baking has become very popular, as evidenced by empty grocery shelves where baking supplies are sold. Will these bakers keep baking? Eight in 10 say yes!

Source: Food Technology, Sept. 2020



Karen Blakeslee, M.S.



On the Web at  
[www.rrc.ksu.edu](http://www.rrc.ksu.edu)



## Honey Fermented Garlic May Be Risky



Fermenting garlic cloves in raw honey is thought to prevent colds and flu, particularly in children.

But this is risky for many factors. Garlic is a low acid plant food, and honey varies from low to high acidity. The water activi-

ty of honey is low due to high sugar content. But when the two are combined, what is the final water activity? It depends on the ratio of garlic to oil, plus other factors.

Other concerns are the risk of botulism, due to the fact that botulism has occurred in garlic in oil. Honey can also be a source of infant botulism in children under age one.

Source: Dr. Ben Chapman, NCSU Extension and Dr. Don Schaffner, Rutgers University, *Risky or Not?* Podcast #46

