Pressure canner a necessity

tion.

While preserving summer crops can add to winter meals, and often a cost savings, not following food safety guidelines in preserving food can be deadly, said Karen Blakeslee, Kansas State University food scientist.

Blakeslee, who as K-State's Rapid Response questions about canning green beans lately, warns that using a boiling water canner rather visible, Blakeslee said. than a recommended – and tested – pressure

Increasing interest in gardening is prompt- canner is risky because spores of Clostridium food, but does advise using tested recipes and ing increased interest in home food preserva- botulinum bacteria, which are naturally occur- following directions exactly for successful ring in soils, are heat resistant.

The heat in a boiling water canner is not flavor, color and health-promoting nutrients enough to kill the spores that can germinate and grow into active bacterial cells that will produce a deadly human toxin," the food scientist said.

While improperly canned low acid foods, including all vegetables and meats, may lose Center coordinator has been fielding a lot of their color, develop a cloudy appearance or have lids that pop, contamination is not always

She does not recommend tasting suspect

home food preservation.

A pressure canning gauge and seal should be checked annually before use.

Information about checking canning equipment and canning or freezing food is available at local K-State Research and Extension offices and online at: www.ksre.ksu.edu/foodsafety and www.rrc.ksu.edu/.

And, if you're timid about canning, freezing is always an option, Blakeslee said.

Senior Progress Center

Come and enjoy a game of Skip Bo at the Senior Progress Center on Monday.

Activities for the week: Monday: 10:30 a.m., Skip Bo game. Tuesday: 10 a.m., exercise; 10:30 a.m., Rummikub. Wednesday: popcorn day. Thursday: 10 a.m., exercise; 10:30 a.m., pinochle Center invites anyone 60 and game. Friday: 10 a.m., exercise; 10:30 a.m., Wii games.

Menus for the week: **Monday**: cook's choice entree, hash brown casserole, cheesy broccoli, bread, apricots. Tuesday: beef and noodles, green beans, beets, bread, cantaloupe. Wednesday: oven fried chicken, mashed potatoes/ 2901 by noon the day before.

gravy, cucumbers and tomatoes, bread, rosy pears. Thursday: ham sandwich, tomato soup, gelatin with fruit, bread, blueberry crisp. Friday: meat loaf, scalloped potatoes, pasta salad with vegetables, bread, peaches.

The Thomas County Nutrition older and guests to lunch Monday through Friday at the senior center. Home delivery is available, as is pick-up service. A contribution of \$2.75 per meal is suggested for seniors, \$5 for others. For anyone under 60, home delivery is \$5.75.

Make reservations at (784) 460-

Beef Stocker Unit provides research to producers

the history of the Kansas State ern Tennessee to the unit. See the in particular rumensin; and also acquired by the university in University Beef Stocker Unit are story at www.ksre.ksu.edu/news/ evaluating the self-delivery of discussed by Dale Blasi, K-State DesktopDefault.aspx?tabid=132. extension specialist and professor of animal sciences and industry, in research on our native grass pas- son," said Blasi, who is profesan audio slide story.

The story features the arrival lations for ensuring we deliver Unit.

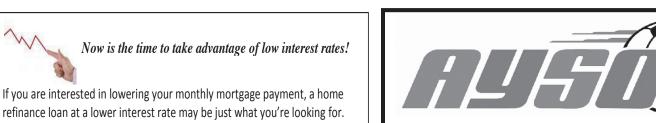
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1948, providing an avenue for backgrounding and stocker cattle research. The goal is to provide stockmen with cost-effective reproduct.



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