

Preserving can add variety, nutrition to diet

Investing time and energy in preserving this summer's fresh fruits and vegetables can add variety and nutrition and health benefits to fall and winter meals.

Doing so also can trim grocery bills, said Karen Blakeslee, Kansas State Research and Extension Health Care scientist, who explained that seasonal produce is typically less expensive when at its peak production and supplies are more available.

Many people are learning more about fruits and vegetables by growing them in backyard and community gardens, Blakeslee said. Shopping at farmers and other local fruit and vegetable markets and in supermarkets that offer fresh seasonal foods also can yield savings.

And, while some may recall images of their mothers or grandmothers in the kitchen with more tomatoes than they know what to do with, Blakeslee said newer, time-saving equipment and tested recipes can make it easy for first-time food preservationists to achieve safe, high quality food products.

Following directions provided with food preservation equipment, and reading, understanding and following a tested recipe exactly are key ingredients in successful food preservation, said Blakeslee. She also noted that summer produce can be preserved by canning, freezing or dehydrating.

Several factors — time exper-

ience, equipment, appliances and available food storage space — will need to be considered, Blakeslee said.

For example, folks who have a newer range with a smooth glass top will want to read their appliance manual. If the manufacturers recommend not using canning equipment, freezing or drying will be a better choice. Some brands of canning equipment are not recommended for use on a smooth glass top range.

Freezing typically requires minimal equipment — a freezer or freezer space available in a refrigerator, blanching equipment such as a small strainer to briefly immerse food in boiling water then transfer to ice cold water to stop the cooking

process, freezer bags, boxes or jars and recipe ingredients.

Dehydrating can be accomplished by placing foods sliced or cut in similar sizes on a tray in a newer oven (equipped with a fan) and set at a low temperature for a specific period of time or by using a food dehydrator which typically has shelves, a fan circulating air to speed drying and a timer.

Because of high humidity, Blakeslee said drying foods in the sun is not an efficient drying method in Kansas.

A pressure canner is similar to a pressure cooker but larger and necessary for processing low-acid foods such as meats, vegetables, seafood, soups and other mixtures.

These foods need to reach temperatures of 240 degrees to kill bacteria that may be present on meats and vegetables.

A water bath canner can be used to process acidic foods, such as fruits, pickles, jams and jellies, in a boiling water bath (212 degrees).

While many people consider Kansas a flat landscape, it is not, said Blakeslee, who explained that altitude must be considered in canning as much as it is in baking.

Those at higher altitudes must add processing time for water bath processing or pressure for pressure canning, said Blakeslee, who advised reading and following tested recipe directions.

Improper processing at higher al-

titudes can lead to spoilage because of under processing, she said.

For all canning, jars should be in good conditions and free from scratches, cracks or chips. Lids, or flats, should be new. Sealing rings can be reused if free from rust or other damage.

Once food is processed in the canner, the lids will be concave and produce a pin-like popping sound as they cool to signal successful processing and a vacuum seal to protect preserved foods.

All preserved foods should be labeled and dated after processing and before being moved to a pantry or other cool dry place for storage (according to recipe directions) and used within one year.

St. Francis woman receives health care scholarship

The Kansas Hospital Education and Research Foundation is pleased to announce the successful completion of the eleventh annual Health Care Scholarship Program. KHERF partnered with the Kansas Hospital Human Resources Association, the Kansas Association of Health Care Executives and the Kansas

Foundation for Medical Care, to provide thirty scholarships totaling \$18,600. Twenty-five honorable mentions were also named to serve as alternates.

KHERF received 179 applications from 128 individuals. Each application was considered by KHERF's Scholarship Review

Committee according to established criterion.

This year's scholarships were awarded in the following categories: administration; faculty; health information technology; human resources; master/doctorate; nursing; and other health care.

The following 30 individuals

have been awarded a scholarship to assist in pursuing excellence in their health care career: Vicki Coates, Medical Coding Certification, HIT Category, Cheyenne County Hospital;

Established in 1969, by the Kansas Hospital Association, the Kansas Hospital Education and Research

Foundation administers projects addressing critical needs in the areas of health care workforce, rural health, emergency preparedness and health professional education.

Through these programs, KHERF has leveraged over \$20 million in grants and other funding for community hospitals in Kansas.

For projects and initiatives, KHERF serves in a leadership role, is a partner in developing projects or simply serves as an administrator for grants and sub-contracts that are consistent with KHERF's vision and values.

matters of record

Goodland Police

The following incidents have been reported to the Goodland Police Department:

May 2 – 8:13 p.m., 419 W 16th St., a child in need of care. Case referred to county attorney.

Sherman County Bastille

The following people were booked into the Sherman County Bastille:

June 14: James Nelson, 37, Kanorado, was arrested by sheriff deputy on an arrest and detain for probation violation.

Anthony Ruibal, 26, Goodland, was arrested by sheriff deputy for failure to register x4.

June 19: Jennifer Bolen, 30, Sharon Springs, was arrested by sheriff deputy on a warrant arrest - failure to appear.

Arden Schneider, 23, Saint Francis, Cheyenne County sheriff office on a journal entry - 45 days.

June 20: Craig Hillman, 43, Goodland, was arrested by sheriff

deputy on an arrest and detain.

Joseph Chadwick, 32, Orleans, Calif., was arrested by sheriff deputy for criminal damage.

June 21: Timothy Uhrich, 44, Colby, was arrested by sheriff deputy on an arrest and detain.

June 22: Eduardo Romero, 21, Goodland, was arrested by sheriff deputy for domestic battery.

Michael McLaughlin, 43, Goodland, was arrested by city police for domestic battery, theft and burglary.

Daniel Garcia, 35, Burlington, was arrested by sheriff deputy on warrant arrest - worthless check.

Karanne Tunink, 20, Sharon Springs, was arrested by city police for theft.

June 23: Leonard Barnes, 44, Goodland, was arrested by sheriff deputy for driving under the influence.

June 24: Sylvia Dobbs, 59, Sharon Springs, was arrested by sheriff deputy on a warrant for another jurisdiction x2.

Phillip Fralick, 30, Goodland, was arrested by sheriff deputy on an arrest and detain - probation violation.

June 25: Avery Pena, 38, Goodland, was arrested by sheriff deputy on arrest and detain - probation violation.

June 26: Michael Hartzell, 32, Goodland, was arrested by sheriff deputy on arrest and detain - probation violation.

June 27: Kristine Weber, 53, Goodland, was arrested by sheriff deputy on warrant arrest for another

jurisdiction.

Marshall Hatfield, 77, Goodland was arrested by Cheyenne county sheriff deputy for criminal trespass.

June 29: Maria Lozada, 40, Norris Town, Pa., was arrested by city police for disorderly conduct and criminal damage to property.

July 2: Jill Confer, 34, Goodland, was arrested by sheriff deputy on arrest and detain - probation violation.

Kurt Stapleton, 36, Liberal, was arrested by Cheyenne County sheriff deputy on warrant arrest for another jurisdiction.

Curtis Toliver, 35, Denver, was arrested by sheriff deputy for failure to appear and probation violation.

Billy Fry, 56, Joplin, Mo., was arrested by city police for failure to appear another jurisdiction.

July 3: Mark Helstrom, 47, Sharon Springs, Wallace county sheriff office for journal entry - 30 days.

July 4: Hector Aviles, 33, Goodland was arrested by city police for battery and disorderly conduct.

Christian March, 35, Thomasville, NC., was arrested by state trooper for driving under the influence, no registration and speeding.

Grey Fulton, 46, Thomasville, NC., was arrested by state trooper for possession of narcotics and possession of precursor material with intent to manufacture.

July 6: DeAndre Arnold, 18, Goodland, arrested by sheriff deputy on arrest and detain.

Dusty Francis, 28, Lame Deer Mont., arrested by city police on

driving while suspended and no vehicle insurance.

Tracy Sheats, 21, Goodland, arrested by sheriff deputy on warrant arrest for failure to appear.

Daron Hovis, 33, Goodland, arrested by sheriff deputy on warrant arrest for failure to appear.

Randall Willmes, 38, Goodland, sheriff office journal entry - 48 hours.

Angela Delano, 29, Goodland, arrested by sheriff deputy on warrant arrest for failure to appear.

July 8: Dennis Libbert, 36, Argoyt, Mo., arrested by state trooper for driving while suspended.

July 9: Nina Cearly, 22, Marysville, arrested by sheriff deputy on a warrant arrest for failure to appear.

Wednesday, July 18 @ 1:30 PM: Rango (PG)
July 13-19
Brave 3D (PG)
 PG: Some scary action and rude humor.
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Reader Recipes

Dream Coffee Cake-recipe from Gerry Neff

Ingredients

- 1 yellow cake mix
- 1 cup sour cream
- 1 cup vegetable oil
- 4 eggs
- 3/4 cup sugar
- 1 1/2 tsp. cinnamon

Directions: Preheat oven to 350 degrees. Grease a 13x9" pan. Combine cake mix, vegetable oil, eggs and sour cream in a large bowl. Beat 2 minutes with a mixer at low speed, scraping sides of bowl frequently.

Mix sugar and cinnamon in a medium bowl. Spread half the batter in pan. Sprinkle half cinnamon/sugar mixture over top. Repeat with remaining batter and cinnamon mixture.

Bake 40 minutes or until toothpick inserted in center comes out clean. Serves 20. This is great to make and freeze to serve later. It's also a great breakfast cake to serve for a crowd.

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