



# In Good Health Johnson County

July 2023  
Vol 1 Issue 7

## Upcoming Events

**Join us for one of our events!**

**Food Preservation, Fresh from the Garden - Pressure Canning**  
July 13th 6:00 - 8:00 PM

**Food Preservation, Fresh from the Garden - Water Bath Canning**  
July 20th 6:00 - 8:00 PM

**Cooking For YOU or TWO**  
August 17th 6:00 - 8:00 PM

**Kids in the Kitchen:  
Breakfast of Champions**  
Sept 9th 10:00 AM - 12:00 PM

**Kitchen Restore Donation Drive**  
July 29th 10:00 AM - 12:00 PM  
August 5th 10:00 AM - 12:00 PM

Scan the QR code or visit  
[bit.ly/EMFVEvents](https://bit.ly/EMFVEvents)  
to Register!



**K-STATE**  
Research and Extension

Master Food Volunteer  
Johnson County

---

**Need a speaker? Have questions about food or nutrition or our classes? Contact Us!**  
[foodhelp@jocogov.org](mailto:foodhelp@jocogov.org)

---

## Featured Article

We are at the peak of summer with gardens and farmers markets overflowing with produce. Whether you have a small or large garden, or no garden at all but shop at a farmers market or belong to a community supported agriculture (CSA) group, you may be dusting off or already elbow deep in preserving your fresh produce. Preserving food not only prevents food waste but can give you the taste of garden produce all year round. Its a bonus when you can say you did it all yourself! Here are a few tips to remember when preserving food using canning methods.

1. Make sure your equipment is in good shape. Check all valves, seals, and parts of your pressure canner before you start canning. Be sure to have your dial pressure gauge tested each year. In case you did not know, we can do that for you!
2. Only can tested recipes from reputable sources like our K-State Research and Extension publications, USDA, or Ball Blue Book. Do NOT, I repeat, Do NOT use untested or homemade recipes when canning.
3. Process your product for the correct amount of time, and remember to adjust for altitude!
4. When using recipes that call for lemon juice to acidify, use only bottle lemon juice. The acidity of real lemon juice can vary greatly and may not be low enough pH.
5. Use the correct method of canning based on the acidity of a food. Low acid fruits and vegetables must be processed in a pressure canner to prevent deadly bacteria like *Clostridium botulinum* (botulism).

Not sure where to begin in your food preservation journey?! Check out our upcoming pressure and water bath canning classes to learn more and become confident in your ability to preserve your own food. For more information on food preservation visit our Rapid Response Center at [rrc.k-state.edu/preservation](http://rrc.k-state.edu/preservation)



In Good Health,  
Chelsea Reinberg, MPH, RD  
Nutrition, Food Safety & Health Agent

# Recipe of the Month

## Mixed Berry Jam

(makes about 6 half-pint jars)

### Ingredients

4 cups crushed berries [Mix and match your favorite berries!]  
4.5 tablespoon RealFruit Classic Pectin  
3 cups sugar

### Preparation

#### Preparing the Jars

- Wash jars and lids with warm soapy water. Set lids aside.
- Prepare boiling water bath canner.
- Place clean jars in simmering water until ready to use. Do NOT boil.

#### Making the Jam

- Combine crushed mixed berries into a large stockpot over high heat.
- Slowly stir in pectin and bring mixture to full rolling boil that cannot be stirred down. Stir constantly.
- Add sugar, stirring to dissolve.
- Bring mixture to full rolling boil. Boil hard for one minute, stirring constantly. Remove from heat.
- Skim foam off top, if necessary.

#### Canning the Jam

- Ladle hot jam into hot jars one at a time. Leave 1/4 inch headspace. Wipe rims.
- Place lids on jars and gently tighten band.
- Place jars in hot water canner. Bring water to a rolling boil and process for 10 minutes. Remember to adjust for altitude!
- Turn off heat, remove lid, let jars stand for 5 minutes.
- Remove jars from canner and let cool for 12-24 hours.
- Check to make sure lids sealed. If they did not, place jars in refrigerator.



# Fun Food Facts

July is National Berry Month. Berries provide a ton of nutrition for our bodies. They are loaded with vitamins, minerals, antioxidants, and fiber. Did you know that strawberries, raspberries and blackberries are not true berries?! Cranberries, blueberries, grapes, bananas, peppers and even tomatoes are actually all true berries! A true berry has many seeds and comes from one flower and one ovary.



# Kitchen Corner

Summer time means grilling time. Keep yourself and your guests safe this summer with these four simple food safety steps.

- **Clean:** make sure to wash your hands and all utensils and counters frequently with soap and warm water.
- **Separate:** keep all meat, poultry, and seafood separate from other produce to reduce the risk of cross-contamination.
- **Cook:** cook foods to the correct temperature. Be sure to use a meat thermometer as you cannot tell the temperature of something just by its appearance alone.
- **Chill:** refrigerate foods within 2 hours or within one hour if temperature is 90°F or higher. Remember to also never thaw meat at room temperature, thaw in the refrigerator!

