



# Family & Consumer SCIENCE S

October/November 2020

## Family & Consumer Science News

### Ford County

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The mission of KSU Cooperative Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families, and their communities

*“Knowledge  
for Life”*

What a different spring and summer we have had this year!! I missed seeing many of you because we only had a 4-H Fair this year and no open class division or because we ended up cancelling many events such as Spring Awards, etc. I hope this newsletter finds you all in good health and safe.

Sincerely,

Ethel Schneweis  
Family and Consumer Science Extension Agent

## PDC Extension Election!!

**The Ford County Extension Program Development Committee Election will be held on Saturday, October 24, 9 am to noon** at the Ford County Fair Building, Dodge City, during the 4-H Exchange’s Flea Market.



During the come and go event, you will be able to vote for three of our Program Development Committee Members as you have done in the past.

Candidates will be running for the four Program Development Committee (PDC) areas. Information about each candidate will be available at the time of voting. Plan to come out and vote for representatives to serve on our Program Development Committees.

Candidates for each PDC are listed below:

### FCS PDC

Lori Juhlin  
Diane Lix  
Kathy Redman

### Ag and Natural Resources

Kevin Durler  
Janel Durler  
Doug Brauer

### 4-H PDC

Cassadie Steele  
Shana Tilley  
Sarah Williams

### Community Vitality

Sam Shipley  
Angie Stites  
Kristen Winter

## **CHRISTMAS FANTASIES**

Our Annual Christmas Fantasies program will not be held this year due to the uncertainty of the COVID situation. The committee members felt it was better to cancel the event instead of taking a risk. We will revisit the possibility of having the program in 2021. Please let us know if you would like to see it continue next year.

## **AREA FALL FCE WORKSHOP**

Area FCE workshop is also canceled this year. Our office will have the fall packets normally provided to FCE clubs/members soon in our office.

## **4-H FLEA MARKET**

The 4-H Exchange Flea Market will be held on October 24 from 9:00 am-1:00 pm. Contact the Extension Office if you are interested in a vendor booth or just come to shop and support the Exchange program! Remember Extension Elections for our 2021 PDC members will be held from 9 to noon that day too.

## **BARN QUILT WORKSHOP – December 5**

Do you need a fun day activity to help relieve stress? Have you seen the colorful barn quilts? Would you like to paint your own? Would you like to give one for a Christmas gift? Well here is your chance to actually paint a barn quilt. With Mary Harden as the instructor, I am having a workshop on Saturday, December 5. We will start at 9:00 a.m. at the Ford County Fair Building and will conclude sometime in the afternoon around 4-5 p.m. or when you're done.

*Registration and barn quilt pattern are due by Friday, November 20 to the Extension Office.*

*Registration fee depends on the size of the board you want but ranges from \$25 for a 1x1 to \$85 for a 3x3 board, fee includes the pattern drawn on the board, paints, brushes and all other supplies. You just need to come, tape and paint. You will need to bring your lunch. I have several patterns to look at & available that Mary has used in the past or if you have one you would like to use submit it with payment.*

Call the Extension if you have questions or email me at [eschnewe@ksu.edu](mailto:eschnewe@ksu.edu). Class size will be limited.

## **FORD COUNTY FAIR BOARD ANNUAL MEETING – Nov. 10, 6:30 pm, Fair Building**

Join the Fair Board for soup and sit in on their Annual Meeting beginning at 7:00 pm. Elections will be taking place. If you'd like more information, please contact any Fair Association Member or the Extension Office.

## **DODGE CITY'S WALK TO END ALZHEIMER'S**

is Saturday morning, October 31. It is a virtual walk this year due to Covid concerns. This means the Walk is everywhere; on every sidewalk, or dirt road or park, etc. I invite you to walk in teams of friends and family and raise funds for our goal to have a world without Alzheimer's and other dementia.

With the new platform of Walk Mainstage you can visit sponsor booths, connect with other participants, and learn about Association resources. There will be an Opening and Promise Garden Ceremony that you can watch online which starts at 9:30 am. We would love to have you take pictures and share on social media using #Walk2EndAlz and #EndAlz or send them to me at [eschnewe@ksu.edu](mailto:eschnewe@ksu.edu) and I will put them on our Facebook page. You can also drive by our three Promise Gardens in front of Brookdale on 14<sup>th</sup> Street, in front of Gibson Pharmacy on Central or in front of Western Beverage on East Wyatt Earp. I have a team and would love your support to help raise funds for research and awareness.



## Halloween and COVID-19

Have a family friendly Halloween to keep everyone safe! Do you get lots of trick-or-treaters for Halloween? This year might be a little different. Is it safe for kids to take candy from strangers during a pandemic?

First and foremost, follow your community guidelines. Know the keys to keep healthy, avoid crowds, wash your hands, wear a face covering. The look of face coverings may be quite creative this Halloween! Even if you are outside, you may still be around a lot of other goblins, so wear those masks. Small groups are better than large groups.

Designate one person to hand out treats that are individually wrapped. Don't let the goblins dig into the bowl. Have hand sanitizer available to use.

Host a trunk-or-treat event and put extra space between cars to thin out the crowd. A Halloween drive-by parade in the neighborhood could be a spooky treat!

There is no need to wipe down the treat packaging. After trick-or-treating, wash your hands before snacking on those treats.

Above all, have fun and be safe!

## Hand Sanitizers are not Drinks!

Some hand sanitizers are being packaged in containers that look like food and drinks for adults and kids.

Some examples included packaging in beer cans, children's food pouches, water bottles, juice bottles and vodka bottles. Some are also flavored such as chocolate or raspberry. This can disguise the sanitizer even more to smell like food. Drinking or eating even a small amount of hand sanitizer can lead to cardiac effects, central nervous system problems, hospitalizations and even death. Seek medical help immediately.

Learn more at [www.fda.gov/news-events/press-announcements/covid-19-update-fda-warns-consumers-about-hand-sanitizer-packaged-food-and-drink-containers](http://www.fda.gov/news-events/press-announcements/covid-19-update-fda-warns-consumers-about-hand-sanitizer-packaged-food-and-drink-containers).

For a list of approved hand sanitizers, see <https://bit.ly/3hCDcIX>

## Fall Canning Tips



At this writing, the calendar still says summer, but there is a fall feel. Gardens may still be producing, so here are some end-of-season tips for food preservation.

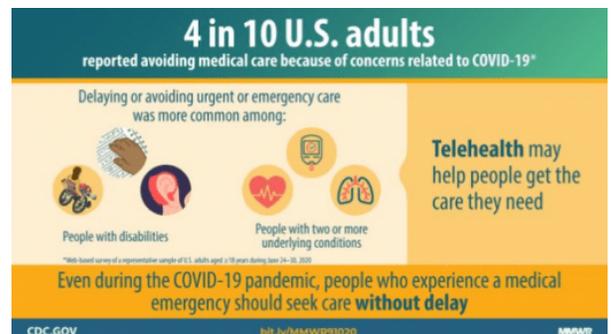
- Do not can tomatoes from frost-killed or dead vines. Their pH may be higher than 4.6. Eat or freeze them for later use.
- Can pumpkin or other winter squash varieties safely in cubes. Do not mash or puree any winter squash for canning. Freeze mashed winter squash for later use.
- Apples are here! Preserve them by canning, drying or freezing.
- Preserve soup for easy meals. Combine meat and vegetables. Add noodles, pasta or thickeners when ready to serve.
- After the hunt, preserve your bounty with these tips for canning, freezing and drying venison.
- Jerky can be loaded with flavor! Dry it safely for a tasty treat.

Done canning? Store your equipment with care for next season.

## Don't Avoid Medical Care During COVID

According to the Centers for Disease Control and Prevention, it is estimated the 41% of adults are delaying or avoiding medical care because of COVID-19 concerns.

This is alarming because this can lead to greater medical issues in the future and higher medical costs.



Some of you may have seen on Facebook the page “Shop Kansas Farms”, I thought you might be interested in reading about how it came to be.

## Shop Kansas Farms

By Ron Wilson, director of the Huck Boyd National Institute for Rural Development at Kansas State University.

A Kansas man was almost overwhelmed by a flood. But it wasn't a flood of water, it was a flood of interest – specifically, an interest in finding local foods. Now that interest is helping build connections that are benefitting farmers and consumers across the state.

Rick McNary is a writer, photographer, global hunger expert and founder of a remarkable new Facebook group known as Shop Kansas Farms. For 20 years, he served as a pastor of a church in Potwin, Kansas. After going on a mission trip and interacting with starving people in Nicaragua, he organized a humanitarian food relief organization. Today, he is still involved in such efforts through [The Outreach Program](#), a non-profit that organizes food packaging events across the country.

Rick has published three books. Many of his articles have been published in Kansas Farm Bureau's *Kansas Living* magazine.

Then the coronavirus hit. “One night I was sitting in my recliner, talking to my wife Christine,” Rick said. “We had just had a delicious supper of beef which we had gotten from our friends Gregg and Katie Carothers in Harper County, but Christine told me that she had been to the store and the meat counter was empty.”

That meant there was a disconnect between the people raising beef and the consumers who were looking for it in the store. Rick wondered if social media might provide a way to connect local producers and consumers.

“I didn't know much about Facebook groups but I thought I would give it a try,” Rick said. He created a group called Shop Kansas Farms on Facebook. That night he checked on the group and was startled to see how many people had already joined.

“Oh my,” he said. “Then I checked the next morning, and it was, ‘Holy cow!’” The interest in the group took off.

“I felt like a little kid who was walking along a dam and saw a strange object, which happened to be a plug, and pulled on it, unleashing a pent-up flood of water behind it,” Rick wrote. In four weeks, the Shop Kansas Farms Facebook group went from zero to more than 130,000 members.

Many producers were posting about their products, and many consumers were asking about them. Products included vegetables, beef, pork, cheese, honey, lavender and more.

“I'm so thankful that some friends stepped in as administrators and moderators to help manage the group,” Rick said. These included social media expert Olivia Fletcher, Meagan Cramer of Kansas Farm Bureau, Kansas Department of Agriculture staff and others.

“It's a crazy idea that has taken off,” Rick said. Interest is so great that a Shop Kansas Farms website is being created so that people can search specifically for producers in their region.

“We want to help farmers prosper,” Rick said. “When a farmer tells me that he thought they were going to have to fold, and now they're making money, that's meaningful. This is creating new opportunities and people are becoming friends of farmers again.”

The project is making a difference. It's quite an accomplishment for someone from the rural community of Potwin, population 449 people. Now, that's rural.

After the first three weeks, Rick posted his thoughts about this phenomenon, including the following observations:

“A local and regional community is being built around agriculture. Consumers are learning real-time about how agriculture works...Rural revitalization is taking place. People want to buy local. In the previous food chain, the average calorie traveled 1,500 miles to reach our plates. Now, people are purchasing food from as close as their next-door neighbor. This is a movement. Already, these types of “Shop Our State Farms” are springing up around America as people follow this model. I believe this movement will continue long after the COVID-19 crisis.”

It was a flood – a flood of interest in local foods. Rick McNary is now gratified by the results. He wrote about those who have helped with the Facebook group: “They have channeled the tumultuous waters into a life-giving river that is providing education, connection, commerce, behavior standards, new friendships, and most of all, hope.”

# Preserve It Fresh, Preserve It Safe

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## Avoid Dangerous Canning Methods

Interest in home gardening has skyrocketed, prompting many people to try home canning for the first time. Due to increased demand, canning equipment is difficult to find. Extension centers are being bombarded with requests for alternative canning methods. So let's set the facts straight — the following unsafe methods are **not** recommended!

- **Reusing canning lids (flats).** Used lids greatly increase the risk of failed jar seals. Why? Used canning lids generally are warped, so they will not fit the canning jar rims correctly. Therefore, the lid's compromised sealing compound may not seal properly.
- **Open-kettle canning (or the inversion method).** The food is prepared, heated, packed into hot jars and sealed without heat processing then the jar is turned upside down to cool. While the jar may seal, the food may have been exposed to airborne bacteria just before sealing. Once jars are filled, the contents start cooling, so airborne bacteria contacting the cooling surfaces will still be viable. A variation of this involves setting filled jars outside in the sun for days. Both of these methods give insufficient heat to destroy bacteria that could lead to spoilage or foodborne illness.
- **Microwave canning.** Microwave ovens are for meal preparation, not home canning. A microwave oven heats food unevenly and likely will not get all of a jar's contents hot enough for the length of time required for safe canning. Jars may explode as they are heated or when they are removed from the oven. Metal lids and rings may cause electrical sparks.

- **Oven canning.** Oven canning can be very dangerous. The oven canning method involves placing jars in a hot oven for a long period of time, though product temperatures never exceed the boiling point because of the dry heat. It is unsafe for both high-acid and low-acid products — including meats and most vegetables — which require temperatures of 212 degree F and above for safe canning.



Heat transfer through jars is much slower with oven dry heat than in a water bath or a pressurized steam canner. This greatly increases the risk of spoilage, or worse, survival of *Clostridium botulinum* spores, the source of deadly botulism poisoning. Canning jar glass is not designed to withstand an oven's intense dry heat, and the glass may shatter.

- **Dishwasher canning.** Processing jars of food in the dishwasher is dangerous because its water temperature is too low to kill harmful microorganisms. Your food will be underprocessed and unsafe to eat.
- **Reusing mayonnaise or other food glass jars.** Repurposed commercial food jars may well break, especially if they're used in a pressure canner. The standard two-piece canning lid and ring also may not fit jar mouths safely.

- **Paraffin wax on sweet spreads.** Paraffin wax may allow mold to grow, or may catch fire if overheated during preparation. All sweet spreads must be water bath canned for safety.
- **Aspirin preservation.** Adding aspirin tablets to any canned food is **not** a substitute for water bath or pressure canning! It is extremely dangerous.

**Sources:** National Center for Home Food Preservation. n.d. "Frequently Asked Canning Questions." [https://nchfp.uga.edu/questions/FAQ\\_canning.html](https://nchfp.uga.edu/questions/FAQ_canning.html)

Receive this newsletter electronically by signing up at <https://extension2.missouri.edu/programs/food-preservation>

### Local contact information:

# Can I Sell My Canned Foods?

Prolific canners may be interested in earning extra income by selling their canned foods. Others may be interested in earning extra income by selling canned foods.

In some cases, it is legal to sell food canned at home — but in other cases, it is not. In Kansas and Missouri, any canned goods sold to grocery stores or other distributors as well as products sold across state lines require a food processor's license and cannot be produced in a regular home kitchen.

Within Kansas, fruit jams and jellies with regular levels of sugar and canned fruits sold directly to consumers — such as in a farmers market or via an online transaction within state lines — do not require a license and can be made in a home kitchen. Food sales across state lines and the sale of other canned products, such as sauerkraut, pickles, canned vegetables and most salsas, do require a license and so cannot be made in a regular home kitchen.

These product sales also require the processor to attend Better Process Control School, available online and in Columbia, Missouri, in late March 2021 (pandemic permitting).

The regulations are similar in Missouri, as jams and jellies with regular levels of sugar made by smaller processors likewise do not require licensing for sales and can be made at home. Other canned products, such as pickles, canned vegetables and canned meats, require a license and cannot be produced in a regular home kitchen.

In Missouri, always check with your local public health inspector before preparing any food for sale, as regulations may vary in different localities.

More information on Kansas regulations for selling canned foods directly to consumers can be found in "Food Safety for Kansas Farmers Market Vendors: Regulations and Best Practices," available at [www.bookstore.ksre.ksu.edu/pubs/MF3138.pdf](http://www.bookstore.ksre.ksu.edu/pubs/MF3138.pdf). Missouri regulations can be found in the "Regulations for Selling Safe Canned Foods in Missouri Fact Sheet" at <https://extension2.missouri.edu/n1304>.



## Maple Pickled Jalapeño

- 2½–3 pounds firm jalapeños, sliced into ¼-inch rounds
- 1 red onion, quartered and thinly sliced
- 1 cup maple syrup
- 1 cup sugar
- 3 cups apple cider vinegar
- 1½ cups water
- 3 teaspoons salt
- 2 teaspoons mustard seeds
- 2 teaspoons black peppercorns

**Yield:** 4 pint jars

### Instructions:

1. Prepare the boiling water or steam canner.
2. Heat your canning jars in simmering water until you're ready to use them; do not boil. Wash the lids in warm soapy water and set them aside with their bands.
3. Combine maple syrup, sugar, vinegar, water and all the seasonings in a nonreactive pot and bring the mixture to a simmer for 5 minutes.
4. Add the jalapeño and onion slices, and simmer another 5 minutes.
5. Ladle hot jalapeños and onions into a hot jar, leaving a ½-inch headspace; top off with more brine, if necessary.
6. Remove air bubbles. Wipe the jar rim. Center the lid on the jar and apply the band, adjusting to fingertip-tight. Place the jar in boiling water or a steam canner. Repeat until all the jars are filled.
7. Process the jars for 15 minutes, adjusting for altitude. Turn off the heat, remove the lid and let the jars stand for 5 minutes. Remove the jars and cool for 12–24 hours.

**Source:** Fresh Preserving. n.d. "Maple Pickled Jalapeño." <https://www.freshpreserving.com/blog/maple-pickled-jalapeño>.

### University of Missouri Extension

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### Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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The tips and charts in this fact sheet will help you adapt recipes for fewer servings. You'll also find the safe cooking temperatures chart helpful.

## Tips for Reducing a Recipe:

1. Recipes that need accurate measuring and precise amounts of ingredients like baked goods may be difficult to reduce so make the entire recipe, including cooking/baking, and then freeze half or freeze in individual portions.
2. Most recipes call for the standard large egg and it is  $\frac{1}{4}$  cup. For half a large egg, break it into a small bowl, mix it together with a fork and use 2 tablespoons. Refrigerate the rest and use within two days.
3. Some foods, such as a meatloaf, can be mixed up, portioned into individual containers, and frozen raw. Then, portions can be cooked as needed.
4. Food should not be partially cooked and frozen. Freezing slows down bacterial growth but it does not stop it. Refer to temperature charts to make sure foods are cooked safely.
5. When reducing recipes, you may need to use smaller saucepans, skillets, and baking pans.
6. A 9 x 2 x 13-inch pan holds 14 to 15 cups; when halving a recipe use a square 8 x 8 x 2-inch pan or a round 9 x 2-inch pan.
7. When using a different pan size, try to keep the depth of food the same.
8. When baking, the oven temperature for the reduced recipe will be the same unless you are using a glass pan or dark metal pan. If so, reduce the oven temperature by 25 degrees F to prevent over browning and over cooking.
9. The time for baking and cooking smaller amounts of food may be less. Begin by reducing the cooking or baking time by one-half and checking to see if the product is done. If not, add additional time. Use a food thermometer for proper end-point temperatures. See the chart for Safe Minimum Temperatures on page 3.
10. When adjusting spices, herbs, and seasonings, you may want to use a little less than half and then add more if needed.



## When You Cut a Recipe

Recipes are usually for 6 to 8 servings — sometimes more. The following tables can help in cutting a recipe to half of the original recipe.

### General Measuring Equivalents

1 Tablespoon	3 teaspoons
$\frac{1}{8}$ cup	2 Tablespoons
$\frac{1}{4}$ cup	4 Tablespoons
$\frac{1}{3}$ cup	$5\frac{1}{3}$ Tablespoons
$\frac{1}{2}$ cup	8 Tablespoons
$\frac{2}{3}$ cup	10 Tablespoons + 2 teaspoons
$\frac{3}{4}$ cup	12 Tablespoons
1 cup	16 Tablespoons
1 cup	8 fluid ounces (liquid measure)
1 fluid ounce	2 Tablespoons
1 pint	2 cups
1 pound	16 ounces (weight)
Pinch or speck	less than $\frac{1}{8}$ teaspoon

### Some Abbreviations

c	cup
Tbsp.	Tablespoon
tsp.	teaspoon
oz.	ounce
fl. oz.	fluid ounce



It may help to use your measuring cups and spoons to do some actual measuring as you figure your recipe.

## When You Want $\frac{1}{2}$ of a Recipe, Use These Equivalents

### Cups

$\frac{1}{2}$ of a $\frac{1}{4}$ cup	2 Tablespoons
$\frac{1}{2}$ of $\frac{1}{3}$ cup	2 Tablespoons + 2 teaspoons
$\frac{1}{2}$ of $\frac{1}{2}$ cup	$\frac{1}{4}$ cup
$\frac{1}{2}$ of $\frac{2}{3}$ cup	$\frac{1}{3}$ cup
$\frac{1}{2}$ of 1 cup	$\frac{1}{2}$ cup

### Tablespoons

$\frac{1}{2}$ of 1 Tablespoon	$1\frac{1}{2}$ teaspoons
$\frac{1}{2}$ of 3 Tablespoons	1 Tablespoon + $1\frac{1}{2}$ teaspoons
$\frac{1}{2}$ of 5 Tablespoons	2 Tablespoons + $1\frac{1}{2}$ teaspoons
$\frac{1}{2}$ of 7 tablespoons	3 Tablespoons + $1\frac{1}{2}$ teaspoons

### Teaspoons

$\frac{1}{2}$ of 1 teaspoon	$\frac{1}{2}$ teaspoon
$\frac{1}{2}$ of $\frac{3}{4}$ teaspoon	$\frac{3}{8}$ teaspoon
$\frac{1}{2}$ of $\frac{1}{2}$ teaspoon	$\frac{1}{4}$ teaspoon



## Safe Minimum Cooking Temperatures

([foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature](https://foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature))

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops (Rest time: 3 minutes)	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham (Rest time: 3 minutes)	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

## Kitchen Tools and Substitutions

If you need a kitchen tool that you don't have, here are some alternatives you can try.

Kitchen Tools	Tool Ideas
Measuring cup	Marked jar or baby bottle
Colander	Pan with lid
Cookie sheet	Bottom side of cake pans
Rolling pin	Smooth bottle or glass
Potato masher	Two forks
Measuring spoons	Regular teaspoon and/or tablespoon
Tea kettle	Deep kettle or pan
Cutting board	Sturdy plate or heavy brown shopping bag
Pie pan	Flat cake pan
Round cake pan	Square or oblong pan
Biscuit/cookie cutters	Lids, rim of jars, rim of cans, glasses
Ladle for serving soup	Cup with handle
Spatula	2 knives
Cooling rack	Oven rack
Roasting pan	Any pan/skillet that can be used in the oven with a cover, or make a cover of foil
Wire whisk	2 forks or jar with a tight lid
Pot holder	Folded dry towel

## Cranberry Pumpkin Muffins—Reducing a Recipe Worksheet

Here's an opportunity to practice reducing a recipe. The measurements for 12 servings are given. Use the tables on page 2 to help you cut the recipe in half, to make 6 servings, and fill in those amounts in the table. Then bake!

Ingredients	12 Servings	6 Servings
Flour	2 cups	
Sugar	$\frac{3}{4}$ cup	
Baking Powder	3 teaspoons	
Salt	$\frac{1}{2}$ teaspoon	
Cinnamon	$\frac{1}{2}$ teaspoon	
Allspice	$\frac{3}{4}$ teaspoon	
Vegetable Oil	$\frac{1}{3}$ cup	
Eggs, large	2	
Cranberries, fresh or frozen, chopped	2 cups	

### Directions:

1. Preheat oven to 400 degrees.
2. Sift or stir together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 25 to 30 minutes (For six muffins, check at 12.5 to 15 minutes. Note baking time needed: \_\_\_\_\_)

**Nutrition Facts:** Each one cup serving (1 muffin) provides 200 calories, 7g total fat, 1g saturated fat, 230mg sodium, 32g total carbohydrate, 2g dietary fiber, 3g protein

**Source:** *Kansas Snap-Ed EZ Does It Recipe:*

<https://www.hhs.k-state.edu/ks-snaped/recipes/ez-does-it/recipes/baking/cranberry-pumpkin-muffins.pdf>

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## Cranberries???

Usually we just see fresh cranberries in the fall around Thanksgiving time. If you cook with fresh cranberries, you know that they are very tart and recipes usually call for added sugar to offset this flavor.

Of all the fruits, cranberries have one of the lowest levels of natural sugar. One cup of fresh cranberries has only 4 grams of sugar. Compare this with raspberries, blackberries, and strawberries, all of which have 5-7 grams of sugar per cup. Other sweet fruits like cherries and grapes can have as much as 15-18 grams of natural sugar per cup!



There are two popular types of cranberries: fresh and dried.

Dried cranberries offer a way to get and use cranberries year-round. While drying cranberries dates back to colonial times, commercially-dried cranberries became popular (and a way for cranberry growers to diversify) in the 1990s. Since dried cranberries are available all year, the demand for dried berries is now larger than it is for fresh berries. Did you know that the United States is the world's top producer of cranberries and the top supplier of cranberries to the EU?

Let's take a moment to compare fresh and dried cranberries. Fresh cranberries are very high in Vitamin C. Sadly, there is no vitamin C in dried cranberries. Both dried and fresh cranberries are good sources of antioxidants. I was originally concerned that some of the antioxidants would be lost in the drying process, but they aren't! According to MyPlate, one quarter cup of dried cranberries is equal to half a serving of fruit. One whole cup of fresh cranberries, on the other hand, counts as a single serving of fruit.

## 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.



- 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.
- Stuffing cooked inside a turkey must reach 165°F.

## 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." <https://www.ag.ndsu.edu/food/food-preservation/game-and-fish> you can find the following:

- [Wild Side of the Menu No. 1—Care and Cookery](#)—Information on proper care and cookery of wild game so you can fully enjoy the fruits of the field.
- [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.

Dear Friends,

Extension Elections for new PDC members will be on Saturday, October 24. Please come and check out the 4-H Flea Market and take time to vote for the Extension Program Development Committee Members for 2021-2022 terms from 9 am to noon at the Ford County Fair Building.

Interested in painting a barn quilt? Check out information inside the newsletter for a workshop opportunity.

Watch for future information concerning upcoming meetings by checking our website at [www.ford.ksu.edu](http://www.ford.ksu.edu) or you can email me if you have questions at [eschnewe@ksu.edu](mailto:eschnewe@ksu.edu) or give us a call.

Sincerely,



Ethel Schneweis  
County Extension Agent, Family and Consumer Sciences



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K-State, County Extension Council, Extension Districts, and U.S. Department of Agriculture Cooperating

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