

Well Preserved

The Well Preserved news column is prepared by Lancaster County Cooperative Extension. It includes food preservation information and questions.

Major Canning Sins

Questions often arise as to the safety of changing canning recipes and canning procedures. Charlotte P. Brennan, Extension Food Safety Specialist, for Utah State University Extension has listed potentially deadly canning practices.

Making up your own canning recipe is unsafe because without scientific testing, you will not know how long the product needs to be processed to safely destroy bacteria and other spoilage organisms.

Changing ingredients in a recipe can be dangerous. Adding extra starch, flour or other thickeners to a recipe will change the rate of heat penetration into the product and can result in undercooking. Types of thickeners should not be substituted for one another for the same reason. Adding extra onion, chili, bell peppers, or other vegetables to salsas dilutes the acidity of the salsa and can result in botulism poisoning. While the vinegar in a salsa is a high acid food, the vegetables used along with the tomatoes are low acid and any excess increases the pH level beyond a safe point. The same is

true of pickle making. Don't increase the total amount of low acid vegetables added to the product. There are exceptions to the rule of never changing a canning recipe. It is safe to change the salt level in anything except pickles, to change the sugar level in syrup used for canned fruit, to add extra vinegar or lemon juice, to decrease any vegetable except tomatoes in salsas, and to substitute bell, long green, or jalapeno peppers for each other in salsa recipes as long as the total amount is not increased.

Using the oven instead of a water bath for processing is unsafe because the food will be under processed since air is not as good a conductor of heat as water or steam as in a pressure canner. The jars may also blow up in the oven. Make altitude adjustments if you live 1000 feet or more above seal level because boiling temperatures are lower at higher altitudes and the products will be undercooked unless more time is allowed.

Pressure canners must be used correctly. Lack of venting the pressure canner before adding the pressure plug results in air pockets which will not reach high enough temperatures. Have your pressure canner dial gauge tested annually. If the dial gauge is inaccurate, the food will be under processed



and bacterial spores could survive. Cooling the pressure canner under running water results in under processed food. A calculation of the cooking time includes the residual heat during the normal cool-down period as part of the heat process.

Letting "hot pack" food cool before processing causes under processing. The heat curves are based on the food being hot at the beginning of the processing. Note that canned meat, vegetable or salsa which are under processed can cause botulism.

Not all tomatoes have an adequate acid level especially if the vine is dead. This can result in botulism poisoning. Increase the acidity of canned tomatoes to a safe level by adding bottled lemon juice to the jar before adding the tomatoes 1 tablespoon per pint and 2 tablespoons per quart.

If you have food preservation questions, a home economist is available to answer questions on Wednesdays 10 a.m.-1 p.m., call (717) 394-6851 or write Penn State Cooperative Extension, Lancaster County, 1383 Arcadia Rd., Rm.1, Lancaster, PA, 17601.

Replacing Milk With Sweetened Drinks Associated With Weight Gain And Reduced Nutrient Intake

PHILADELPHIA — A new report in the June 2003 issue of the Journal of Pediatrics suggests that soda and other sugar-filled drinks are an important factor in the development of childhood obesity.

The study, conducted by researchers at Cornell University, confirmed that children who drank more than 16 ounces of sweetened drinks a day drank less milk and gained more weight over two months than those who drank less than 16 ounces of sweetened drinks a day.

The study of children ages 6 to 13 found that excessive sweetened drink consumption was associated with a decrease in milk consumption, resulting in higher energy intake and weight gain and insufficient intake of protein, calcium, phosphorus, magnesium and zinc, and to a lesser extent Vitamin A.

The study followed 30 children five days a week for two months, the longest time period a study has monitored children's beverage consumption. Researchers defined sweetened drinks as soda, fruit punch, bottled tea or drinks made from fruit-flavored powders, such as lemonade.

"This study is another reminder of the important role beverage selection plays in the childhood obesity epidemic," said Patricia Purcell, CEO of Mid-Atlantic Dairy Association. "Empty calories from sweetened beverages are taking the place of nutrient-dense foods such as milk. Simple steps by parents, such as making healthier options available at meals, can have a huge impact on a child's long-term health."

The children who drank sweetened drinks didn't eat fewer calories from solid food and, therefore, consumed about 244 more calories a day than children who did not drink sweetened drinks. This resulted in extra weight gain.

"Children who drink primarily soda and other sugar-filled drinks consume less milk, which can be devastating from a nutritional standpoint," Purcell said. "Doctors and dietitians agree that consuming three servings of dairy a day is critical for good health. Milk provides a powerful package of calcium plus eight essential nutrients that kids need to build stronger bones and better bodies."

High Cholesterol In Early Childhood Predicts High Cholesterol Later

HONOLULU, Hawaii — Three- and four-year-old children who have high cholesterol levels are likely to have high cholesterol levels later in childhood, which is a concern because elevated cholesterol levels that appear early in life tend to persist to adulthood, researchers report at the American Heart Association's Second Asia Pacific Scientific Forum.

Barbara Strobino, Ph.D.,

associate research scientist with Columbia University College of Physicians and Surgeons, and colleagues presented data on 448 children enrolled in New York Head Start preschool programs who were following the Heart Start program. Health service intervention, health education designed to reduce dietary intake of saturated fat in school children, and nutrition education in children.

children's total cholesterol levels at enrollment, as well as their levels of high-density lipoprotein (HDL) cholesterol (the "good" cholesterol), and levels of triglycerides.

Children with the highest levels of cholesterol when they were 3 and 4 tended to be those with the highest levels five years later. Specifically, for those with cholesterol levels in the top 10 percent in preschool, more than half (57 percent) continued to have cholesterol levels in the top 10 percent.

Children with "high normal" cholesterol levels in preschool, with total cholesterol levels measuring on average 164 milligrams per deciliter at ages 3 and 4, were five times more likely to have high cholesterol levels when they were 8. Similarly, preschool children with low levels of HDL, tended to have low levels of HDL later. High HDL levels reflect a lower risk of heart disease.

Good eating habits and restricting fat and cholesterol to lower heart disease risk need to begin early in life.

Many Head Start preschools are practicing heart-smart nutrition. The Healthy Start educational curriculum is also being used in some centers and is available for any school at www.healthy-start.com.



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GENERAL INFORMATION
Admission includes 2 shows on stage nightly (Wed - Sat)
Children under 12 Admitted Free
Sunday free will offering
Mon \$2.00 - per person
Tues and Wed - \$3.00 per person
Thurs, Friday and Sat - \$4.00 per person
Parking Charge: Free across from the fairgrounds and Handicap parking grounds
Saturday, August 2 - 4-H Round Up
Sunday, August 3 - 2:00 PM - Mountain Man Contest
Union County Sportsmen's Club Weikert
Monday, August 4 - 7:00 PM - Middleswarth Potato Chip 7M Sprint Car - Todd Hestor - Driver
7:30 PM - Kiddie Pedal Powered Tractor Pull
Tuesday, August 5 - 7:00 PM - 4 Wheel Drive Vehicle Pull
7:30 PM - Miss Union County Pageant
Wednesday, August 6 - 7:00 & 9:00 PM - Mustang Sally
Thursday, August 7 - 7:00 PM - 4H & FFA Dairy Showing Contest
7:00 & 9:00 PM - Mel McDaniel
Friday, August 8 - 7:00 PM - 4-H & FFA Livestock Sale
7:00 PM - Stock Farm Tractor Pull
7:30 & 10:00 PM - Shannon Lawson
Saturday, August 9 - 7:30 & 10:00 PM - Rick K & The Allnighters
Sunday, August 10 - 1:00 PM - Rain Date for any Stock Farm Tractor Pull Only
Ride Specials: Monday, Tuesday, Wednesday, and Thursday 6:00 PM to 9:30 PM - Ride all the rides for \$10.00 w/coupon \$8.50
Saturday - 2:00 PM to 6:00 PM - Ride all the rides for \$10.00 w/coupon \$8.50
For more information call 570/966-4661 : 570/966-0637

I've gone from 246 lbs. to 193 lbs on the Fastrim™ Weight Loss Plan. I lost 25 lbs. in the first 6 weeks and a total of 53 lbs. so far. I used to wear size 46 pants and now wear 36 comfortably!
— Jess "Dad" Dye, ID

The New Image Fastrim™ Weight Loss Plan helped me lose 115 pounds and 8 dress sizes! In addition, the other New Image products have helped me to become healthier. My chronic fatigue is gone. My allergies, PMS symptoms and arthritis have all improved. My blood pressure is even under control now! I feel great! Thanks New Image for my "new Image!"
— Becky Nunn, TX

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