

“The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families, and their communities”



2016 Walk Kansas is an 8-week walking program that starts on April 3<sup>rd</sup> and goes till May 28<sup>th</sup>. Here is the gist of it:

- ▲ Make a team of 6 walkers, name a captain and pick a team name.
  - ▲ Stop by the Extension office and pick up a Walk Kansas packet with registration forms.
- The last day to Register is April 2<sup>nd</sup> at the Kick-off.

Cost is \$8 per team member. T-shirts are optional for: S-XL- \$8.00, 2XL- \$9.75, 3XL- \$11.25.

Each team member needs to keep track of how many minutes they walk each week. (Other forms of exercise count as well, 15 minutes of most any form of exercise counts as 1 mile).

You will also keep track of how many cups of fruits and vegetables you eat each week.

Turn in your weekly total to your team captain, the team captain will call the office each Monday with the team total of minutes walked. At the end of the 8 weeks, your team will have collectively walked across Kansas, almost 423 miles!

\*Weekly prize incentives are drawn for team captains who turn in their team totals in a timely fashion.

It's Fun! It's Healthy! It's Time to get Moving!!

There will be a **Walk Kansas Kick-off on Saturday, April 2<sup>nd</sup> at the 4-H building at the**

**Troy Fairgrounds at 9:30 a.m.** We will have snacks, prizes, and fun team building games! **See You There!**



**MARCH weather!**

### **THE HIGH PRICE OF VANILLA**

**Have you noticed the price of vanilla lately? Prices have increased up to four times in the last 10 months. So what is behind this price hike?**

**In 2015, the vanilla crop had a poor flowering season which reduced the potential crop size for 2016.**

**Other factors include farmers choosing more lucrative crops to grow; speculators controlling current supplies and prices; and using vanilla beans for money laundering reasons.**

**Some companies who produce vanilla extracts and flavorings forecasted this high cost market and were able to buy vanilla beans when costs were lower. With the help of technology, some users are able to use a lower amount of vanilla and not affect the final product.**

**Vanilla extraction technology is being more innovative to achieve a more intense vanilla product to lower usage amounts.**





**New Ball® Items for 2016**  
 New items are now available for the home food preserver! Four items are for canning, two items are for general use.

To expand on the line of Ball Blue Jars, they now come in half-pint, wide mouth pint, and quart sizes.

A new clear half-pint jam jar has fruit designs in the glass. It is called the Jam Jar.

Two general use jars include a Super Wide Mouth Half-Gallon jar with lid and a Wide Mouth Pour and Measure Cap.



**The Economic Burden of Foodborne Illness**  
 The Economic Research Service estimates that 15 pathogens cause 95 percent of the 9.4 million identified foodborne illness cases.

These result in \$15.5 billion in economic burden. The top four pathogens include:  
 1. **Salmonella**- is characterized as a group of rod-shaped bacteria that can cause diarrheal illness in humans. People become infected by eating foods contaminated with animal feces.

Foods contaminated with Salmonella are often of animal origin, such as beef, poultry, milk or eggs, but any food may become contaminated. It rarely affects the taste, smell or appearance of food.

2. **Toxoplasma gondii**- Eating undercooked, contaminated meat (especially pork, lamb, and venison). Accidental ingestion of undercooked, contaminated meat after handling it and not washing hands thoroughly.

3. **Listeria**- the name of a bacteria found in soil and water and some animals, including poultry and cattle. It can be present in raw milk and foods made from raw milk. It can also live in food processing plants and contaminate a variety of processed meats. Listeria is unlike many other germs

because it can grow even in the cold temperature of the refrigerator. Listeria is killed by cooking and pasteurization.

4. **Norovirus**-is a very contagious virus. You can get norovirus from an infected person, contaminated food or water, or by touching contaminated surfaces. The virus causes your stomach or intestines or both to get inflamed (acute gastroenteritis). This leads you to have stomach pain, nausea, and diarrhea and to throw up. **WASH YOUR HANDS!**



These four cause 90 percent of the economic burden, which includes hospitalizations and deaths. Norovirus is the most common foodborne illness, but most people recover without medical assistance. Listeria monocytogenes causes very few illnesses, but almost 20 percent of those sickened die from this disease.



**WHAT IS COOKIE BUTTER?**

Cookie butter was introduced in 2007 in Belgium by using

Speculoos cookies. These caramelized and gingerbread-like cookies are crushed and made into a paste similar to peanut butter.

This treat has a smooth or crunchy texture. Some brands have other flavors, like chocolate, added.

Cookie butter brands include Trader Joe's Speculoos Cookie Butter, Biscoff Cookie Butter (sold at WalMart), Penotti Cookie Notti® Speculoos Spread and Specially Selected Speculoos Cookie Butter (sold at Aldi).

# Recipes submitted by the Pollyanna Homemakers Club



## Easy Salad - submitted by Dorothy Batchelder

- 1 Small pkg. regular or sugar free jell-O
- 1 16 oz container crushed pineapple
- 1 16 oz cottage cheese
- 1 8oz container cool whip

Mix pineapple (drained) and any flavor jell-O together. Add cottage cheese and mix well. Fold in whip cream. Let set in refrigerator to chill several hours.

**Yield:** 15 servings. **Nutrition Facts:** 110 calories, 4.5g fat, 140mg sodium, 14g carbohydrates, 13g sugar, 4g protein.

## Sugar Free Cookies - by Janet Twombly

- ½ cup chopped apples
- ½ cup chopped dates
- 1 cup raisins
- 1 cup water
- 1/3 cup oil
- 3 eggs
- ½ tsp salt
- 1 1/3 cup whole wheat flour
- 1 tsp vanilla
- 1 tsp baking soda
- 1 tsp cinnamon
- ½ cup chopped walnuts

Cook apples, dates, raisins, and water for three minutes. Cool. Add remaining ingredients, mix well. Drop on greased cookie sheet. Bake 15 minutes at 350 degrees. Do not over bake.

**Yield:** 15 servings, 2 cookies/serving.  
**Nutrition Facts:** 170 calories, 9g fat, 180mg sodium, 22g carbohydrates, 12g sugar, 4g protein

## Pumpkin Patch Bread - submitted by Dorothy Diveley

- 1 ½ cups sugar
- 1 cup canned pumpkin
- ½ cup vegetable oil
- ½ cup water
- 2 eggs
- 1 2/3 cups all-purpose flour
- 1 tsp baking soda
- 3/4 tsp salt
- 1.2 tsp each ground cloves, cinnamon, nutmeg
- 1/4 tsp baking powder
- ½ cup chopped pecans

In a large bowl, combine the first five ingredients. Combine flour, baking soda, salt spices and baking powder; gradually add to pumpkin mixture and mix

well. Fold in pecans.

Pour into a greased 9x5 in loaf pan. Bake at 350 degrees for 70-80 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan.

**Yield:** 12 slices **Nutrition Facts:** 290 calories, 14g fat, 35mg sodium, 40g carbohydrates, 26g sugars, 3g protein

## The BEST Red Velvet Cake- submitted by Nancy Tilton

- 2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp salt
- 2 TB unsweetened, cocoa powder
- 2 cups sugar
- 1 cup oil
- 2 eggs
- 1 cup buttermilk
- 2 tsp vanilla extract
- 1 - 2oz red food coloring
- 1 tsp white distilled vinegar
- ½ cup prepared plain hot coffee (don't skip this ingredient)

Preheat oven to 350 degrees. In a medium bowl, whisk together flour, baking soda, baking powder, cocoa powder and salt, set aside.

In a large bowl, combine the sugar and oil. Mix in the eggs, buttermilk, vanilla and red food coloring until combined. Stir in coffee and vinegar.

Combine the wet ingredients with the dry ingredients a little at a time, mixing after each addition, just until combined.

Generously grease and flour two round 9" cake pans with shortening and flour. Pour the batter evenly into each pan.

Bake on the middle rack for 30-40 minutes or until a toothpick inserted in center comes out clean. Do not over bake, as cake will continue to cook as it cools. Let pans cool on a cooling rack until the pans are warm to the touch. Remove the cakes from the pans and let cool. Frost with cream cheese frosting.

**Yield:** 16 servings **Nutrition Facts:** 290 calories, 15g fat, 280mg sodium, 38g carbohydrates, 26g sugars, 3g fat.

**Recipes are due by April 15<sup>th</sup> from the Bendena Homemakers Club.**