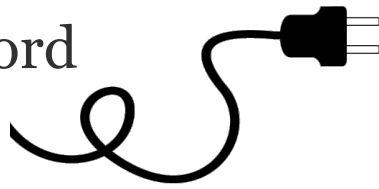


## The Extension Cord



Health and Human Sciences

August & September 2021

Hello,

This has been one busy summer! July was a whirlwind of a month as our Extension team finished final preparations for the 4-H Fair. The fair went well but I know I'm looking forward to August and September. I hope you all were able to make it to the fairgrounds to support the 4-H participants and taste your favorite treats!

- Jessica Riffle

## Grapes

Did you know grapes are considered a berry? They grow in clusters on vines and can be grown with seeds or without. The most common types of grapes are red and green but black, pink, and yellow grapes are also available. Within these colors, there are hundreds of varieties that thrive in different climates. The United States grapes are in season May through January and the grapes that are in stores in the remaining months often come from South America.



Grapes provide many nutrients. They are a great source of copper, vitamin K, and provide small amounts of thiamin, riboflavin, and vitamin B6. Grapes are more than 80% water and can be helpful with hydration. Grapes also contain polyphenols. Resveratrol is a polyphenol that has many antioxidant properties that can benefit heart health, brain health, and contributes to diabetes risk reduction. Antioxidants are also found as anthocyanins that give red or black grapes their color.

Grapes make a nice snack alone but also pair well with nuts and cheese to create a more satisfying snack. Some like to freeze grapes after washing them to keep on hand for a refreshing treat on a warm day. Make them extra fun by incorporating fruit onto a skewer, as topping a yogurt parfait, or into a nutritious dessert. Grapes have a natural sweetness that make them ideal for jellies and juices. Grapes can also be cooked into sweet or savory recipes and are especially tasty with meat, fish, and poultry dishes.

Look for bunches of grapes that are firmly attached to pliable stems. Avoid grapes that are bruised or mushy and those that exhibit mold. The powdery-white coating on grapes that you sometimes notice is actually a good thing. This white bloom protects the fruit from decay and moisture loss. Store fresh grapes unwashed in the refrigerator and only rinse before eating or adding the fruit to a recipe. The grapes that fall off a stem are known as 'shatter' and are the grapes that should be eaten first.

## Save your 'maters!

We know tomatoes are great fresh but they are also very freezer-friendly. Fresh tomatoes are great for freezing and their slightly acidic sweetness can be a welcome flavor in the colder months to come. To freeze tomatoes, simply rinse well with water, core out the top and around the stem, dip into boiling water for about one minute (blanch), and place in ice water to remove the skin. After removing the skin, chop or crush tomatoes as desired and freeze in freezer bags. Tomatoes can also be frozen whole, freeze them on a cookie sheet and then transfer to a freezer bag. Tomatoes can be stored in the freezer for up to six months.



As summer winds down, those with more than one or two tomato plants may be compiling mountains of tomatoes. Capturing and concentrating their flavors in sauces is another way to preserve the flavors of your tomato harvests. Tomatoes that are a little more bruised and beaten are perfect to cook down into sauce.

One of the more common tomato sauces is a classic marinara, which is a chunky, tomato sauce with garlic, olive oil, and oregano. Variations can be made by flavoring a tomato sauce with crushed red pepper, known as arrabiata. Bolognese is more of a meat sauce created with tomatoes and additional vegetables. French cuisine uses a similar sauce referred to as ragu that includes even more tomato than the Bolognese versions. Puttanesca is a tomato sauce laden with capers and anchovies, olives, and pepper flakes. Coulis is an extremely smooth puree in which the tomatoes have been strained.

*Hint* when making fresh tomato sauce: for thicker, more concentrated flavor in your tomato sauce- roast the tomatoes first to help evaporate excess moisture.

### Try This! Fresh Tomato Sauce

#### Ingredients:

- 1 onion, diced
- 1 small carrot or 1 red bell pepper, chopped
- 2 Tbsp. olive oil
- 10 very ripe tomatoes, crushed (about 12 cups)
- ½ tsp. salt
- 1 tsp sugar
- 1 Tbsp. sherry vinegar
- 2 large cloves garlic, crushed
- A handful of fresh basil (chopped)
- Ground black pepper to taste

#### Directions:

Sauté onions, carrots/red pepper in olive oil. Add tomatoes and simmer 1-2 hours (depending on how watery tomatoes are) or until thick. Add salt, sugar, vinegar, garlic, basil, and pepper. Cook for 15 minutes and adjust seasonings as desired.



# Home Food Preservation

Canning can be a fun and economical way to make fresh foods available year-round. Don't take chances with canning recipes handed down over the years. Use procedures that have been scientifically tested to ensure safe and high-quality canned products and optimized for prolonged storage.

The two safe methods of canning food at home are boiling water bath canning and pressure canning. Whether a food is high acid or low acid indicates what type of processing method should be used. Generally, high-acid foods can be safely canned in a boiling water bath. Low-acid foods must be processed in a pressure canner. I've listed multiple resources below that provide safe, research based, home preservation recommendations.

## USDA Approved Resources:

National Center for Home Food Preservations: <https://nchfp.uga.edu/>

Let's Preserve: [www.edustore.purdue.edu](http://www.edustore.purdue.edu)

1. Down on the left-hand side of the page, click "Family, Food & Garden" and then "Food Nutrition"
2. Select "Food Preservation & Storage"
3. Home Food preservation resources begin about ½ way down the page.

USDA Complete Guide to Home Canning (2015): [www.edustore.purdue.edu](http://www.edustore.purdue.edu)

Enter product code: AIG-539

Cost: \$19.00

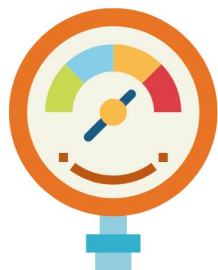
So Easy to Preserve, 6<sup>th</sup> Edition: <http://www.soeasytopreserve.com>

Cost: \$20.00

Please note that older Editions are not current and may contain recipes no longer recommended



## Pressure Canner Gauge Testing



It's important to check dial gauges for accuracy before use each year. Over time as the canner lid is handled, bumped, or routinely used, the calibration of a dial gauge can become inaccurate. Even gauges on new canners and replacement gauges need tested before use. Gauges that read high will result in under-processing that can result in un-safe foods. Without enough pressure, foods will not reach high enough internal temperature to kill bacteria or toxin producing spores. Low pressure readings can cause over-processing resulting in poor textures and undesirable products.

Fulton County Purdue Extension Office has a dial gauge tester and can test your dial gauge for accuracy. Bring your pressure canner lid with your dial gage attached to the Fulton County Purdue Extension Office. Please call 574-223-3397 to schedule an appointment. The cost for dial gauge testing is \$5.00.

## Upcoming HHS Programming

Date	When	Where	What
Aug. 18	11:00 am	Kewanna Public Library	Prebiotics vs. Probiotics
Aug. 26	1:00 pm	Fulton County Public Library	Cooking with Lentils
Sept. 15	11:00 am	Kewanna Public Library	Cool Season Plants
Sept. 30	1:00 pm	Fulton County Public Library	Empower Me to be Clutter Free

### Preview: Empower me to Be Clutter Free

Clutter is a disordered collection of things that impedes movement or reduces effectiveness. What are the negative effects of clutter in your life? Does it impact your relationships, your energy, your self-esteem, or your budget?

#### Take Action!

Make a Plan. Visualize the end result; what should that space be used for?

START! Do Something. Set a time limit so you don't feel overwhelmed.

Schedule time to organize and declutter.

Set a deadline to be done. Invite someone over to make the deadline real.

Keep it going. Work at it every day.

Enlist help from others if you struggle to make decisions.

Work fast! Decide that you will quickly select the most important items from the pile and start. Again, set a time limit so you don't feel overwhelmed

#### Helpful Supplies:

Timer  
 Shredder  
 Markers  
 Packing Tape  
 Bags/Boxes  
 Labels (trash, relocate, donate)

#### Places to Donate:

Other People  
 Charities (Salvation Army, Goodwill)  
 Resale/Thrift Shop  
 Historical Society  
 County Museum  
 At the Curb

#### Places to Sell:

Yard Sale  
 Online  
 Estate Sale

Don't Forget, **Recycle!** Check your local options like community drop off boxes, document shredding, and if/when your recycling center takes hazardous waste.