

Pantry Press

Volume 5, Issue 7

October 2020

Who are UC Master Food Preservers?

WE ARE VOLUNTEERS WITH EXTENSIVE TRAINING IN FOOD SAFETY AND PRESERVATION FROM THE UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION. WE TEACH CLASSES TO THE PUBLIC AND ARE AVAILABLE TO ANSWER YOUR HOME CANNING AND FOOD PRESERVATION QUESTIONS.

Mission Statement

"To teach research-based practices of safe home food preservation to the residents of California."

Reach Us

Online:
<http://cesanluisobispo.ucanr.edu>

Helpline: (805) 781-1429

Email: slomfp@ucanr.edu

Blog:
<https://ucanr.edu/blogs/foodpreservation/>

Happy Fall!

Debbie, Kathy, and Katie volunteering at the food bank in Nipomo last month. These Master Food Preservers shared information about safely washing and storing produce and gave out veggie brushes to help with that task!



What do UC Master Food Preservers do during a pandemic? We preserve, preserve, preserve!



All events provided by the UCCE Master Food Preservers are staffed with volunteers and 100% of any donation stays in San Luis Obispo County.

Currently we are unable to have our classes due to the COVID-19 pandemic. We have started a blog to keep connected with you. Please visit our website for more resources. We have a helpline that is checked weekly and can connect you, one on one, with a Master Food Preserver. See the "Reach Us" box to the left for more information. [SLO/SB Counties Food Preservation Blog](https://ucanr.edu/blogs/foodpreservation/)





Safely Storing Your Jars



It is very important when storing sealed jars in your pantry to always leave the rings off and here is the reason. I had just made 12 jars of delicious bread and butter pickles with cucumbers from my garden. I was moving my older jars of various products to the front. Rotating my jars allows me to use older products first before they are a year old. I put my pickles toward the back for later use. During the rearranging, two of my *Mustard Beans*' lids came off in my hand as I moved them! Something went wrong. They had been stored 10 months by that time and I still had 2 jars that were sealed with no apparent issues. After safely disposing of the jars, I asked myself "Why did they open?" I will never know, but there obviously was something wrong for them to become unsealed. If I had left the rings on the jars, they could have created a false seal and maybe a foodborne illness issue.

Always remove your rings when storing!

Fava Beans

How to Harvest

How to Freeze



In San Luis Obispo County fava beans can be grown during the winter (with some frost protection).

***Master Food Preserver
Lynn Pastusak has written a
wonderful blog on how to harvest
and freeze fava beans.***

Visit [Master Food Preserver SLO/SB Counties](#)
For more information.



Kitchen Safety

By Katie Brenna, UC Master Food Preserver

A recent run-in with a not-too-sharp kitchen knife caused me to spend some time thinking about kitchen safety and how to improve my odds of surviving the next disaster! While I had first aid supplies, they were ancient and not easily accessible, so the situation was little more stressful than it needed to be. Fall is a good time to check your home's first-aid supplies, fire extinguishers, and smoke detectors in advance of the upcoming holiday cooking season. The International Association of Fire recommends checking and maintaining smoke and carbon monoxide alarms when the clock changes for daylight savings.

Recommendations for first aid kit supplies for a family of four by The American Red Cross can be found at [First Aid Kit Supplies](#). It's an excellent and extensive list. You may want to consider keeping a smaller subset of items for the most common kitchen injuries (cuts and burns) in an easy-to-get-to spot in the kitchen.

Fall's cooler weather means using more heat producing appliances throughout your home. Being prepared for a fire emergency may keep a small problem from becoming an outright disaster. The National Fire Protection Association offers these considerations for choosing, locating, and operating fire extinguishers:

- Select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.
- Choose a fire extinguisher that carries the label of an independent testing laboratory.
- Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out.
- Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.
- Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.
- Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.
- To operate a fire extinguisher, remember the word **PASS**:

Pull the pin. Hold the extinguisher with the nozzle pointing away from you and release the locking mechanism.

Aim low. Point the extinguisher at the base of the fire.

Squeeze the lever slowly and evenly.

Sweep the nozzle from side-to-side.

Additional information can be found at: [NFPA-Fire Extinguishers](#)



Giving some thought to these preparations now can help keep stress levels down during the holidays and that is always a good thing!