Get Ready for Canning Season

Canning season is fast approaching and for those planning on doing any canning, now is the perfect time to gear up. Here are a few things you can do to be ready for the season:

Be sure you have up-to-date canning books and recipes. Things change when it comes to food preservation and canning, and it is a good idea to double check that your recipes and methods are safe, and following the newest guidelines. New Ball Books, USDA Guides, and So Easy to Preserve books are available at the Weber County Extension office or online. The Ball Books are also available in stores that carry canning supplies.

Shop early for your supplies. You will start to see sales and stocked shelves in most stores that carry food preservation equipment. Now is the time to get them… not when you realize you don’t have something. The store may have depleted their supplies by then too.

Consider purchasing new canning equipment where needed. There are also many new products, tools, and upgrades that may make your food preservation experience easier and more pleasant. If you do not have a stove that can handle the weight of a water bath canner, did you know there are new electric water bath canners around $100 that are perfect on the counter.

Select standard canning jars and rings. The temptation may be there to buy off brands of canning supplies, but the recommendation still stands to buy the right jars for the right purpose, and not use unknown brands.

Check your equipment to be sure it is working properly and in good condition. Right before you are ready to lower 7 bottles into the canner is not the time to discover you need a new gasket on your pressure canner. Also, the USU Extension office in Weber County checks pressure canner gauges all year long. You can simply drop off your lid, and we will check it for you. Cost is $2/lid. The accuracy of your gauge may be affected by any number of things, so it is important to have that checked every couple of years.
Managing Unmet Expectations in Relationships

Expectations are beliefs about the way things will or should be. They come from the family we grew up in, the relationships we have had, and the culture that surrounds us (i.e., family traditions, religious or ethnic backgrounds, media, etc.). While we all have expectations, unmet expectations can lead to conflict, frustration, and relationship dissatisfaction. On the other hand, learning to manage expectations is one of the keys to healthy relationships. Consider these four tips to managing unmet expectations.

**Identify your expectations as well as those of your loved one.** Unspoken expectations and expectations that you may not even be conscious of are often at the root of conflict. Take a step back to examine what expectations might exist that you may not have considered before (hint: consider common topics of conflict).

**Be reasonable.** Step back and look at your expectation from another perspective. Is it reasonable for the current situation? Just because you would prefer it or it may have “always been done that way” doesn’t mean that it is the best and most realistic solution for current circumstances.

**Be clear.** Express your preferences using “I” messages and take time to listen to other’s desires. We may not always agree with other’s expectations, but validating each other’s perspective can set a positive tone for finding a realistic compromise that is acceptable for everyone.

**Seek for a win-win solution.** Remember, if the solution is not win-win everyone loses. If a win-win solution does not seem possible, then find a way to equally compromise or take turns compromising.

Be sure to come back together after an agreed upon time to evaluate, discuss and make adjustments, if needed.

While unmet expectations create frustration and conflict, following these four tips will provide opportunities to grow closer and build happier and healthier relationships.

~Naomi Brower

References:

**Fast Fruits**

**Short on time? . . . Grab some fruit!**

**Ready to Go**
- Most fruits already come ready to grab as a snack.
- Grab a banana as you head out the door.
- Apples, oranges, and pears fit just as well as soda in a cup-holder, but are a lot more fun to eat (and are better for you)!

**Prepare for Take-off**
- Some fruits take just a little preparations to be ready to go.
- When you buy grapes, wash them and break them into single servings (about 1/2 cup). You can even put them in baggies or containers and have them ready to go.

**Its All in the Bag**

**Easy to Make Snack Bags:**

- ¼ cup dried fruit, such as raisins, cranberries, banana chips, apple rings, apricots
- 10 pretzels or crackers
- 1 tablespoon nuts such as almonds or peanuts

Mix in a baggie and have ready to go!
**Family and Consumer Science Events**

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**Home Buyer Education Classes**  
USU Extension Service  
1181 No. Fairgrounds Dr., Ogden

- Saturday, June 2, 9:00 a.m. to 3:30 p.m.  
- Saturday, August 4, 9:00 a.m. to 3:30 p.m.  
- Saturday, October 13, 9:00 a.m. to 3:30 p.m.  
- Saturday, December 1, 9:00 a.m. to 3:30 p.m.

These classes help prepare people for the home buying process. The curriculum covers mortgage options, finances, housing choices, etc. Cost is $25 per household for certificate and free for education only. Call 801-399-8207 to register.

**Mark your calendars. . .**

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**Cooking with an Electric Pressure Cooker**  
Tuesday, May 8, 2018  
10:00—11:00 a.m.

Learn tips, hints, and tricks to getting the most out of your Instant-Pot, or electric pressure cooker. Recipes will be provided and samples enjoyed. To register call 801-399-8207.

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**Date Nights. . .**

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**Spice It Up! Salsa Dancing Date Night**  
Friday, May 18, 6:30 - 8:30 p.m.  
Legacy Preparatory Academy, S.L.C.  
$15 per couple

Spice up your relationship and build a greater connection with your partner as you learn basic salsa dancing techniques. Before you know it, you will be dancing the night away.

**Take a Hike! Reaching New Heights in Your Marriage Date Night**  
Friday, June 1, 6:00 - 8:00 p.m.  
Snowbasin, Huntsville  
$10 per couple

Explore the great outdoors as you hike together in the beautiful mountains near Snowbasin. Reach new heights as you participate in additional relationship enhancement activities along the way to the top.

**Shooting For Par Date Night**  
Friday, August 17, 6:00 - 8:00 p.m.  
Valley Regional Park, Salt Lake City  
$15 per couple

Learn tips and traps of disc golf and healthy relationships at the same time in this fun outdoor date night. Cost includes your own disk, refreshments and prizes.

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**Kids Summer Cooking Camps**

- June 18-22, 9:30-12:00 pm., 8-14 years old  
  Ogden Weber Community Action Partnership  
  3159 Grant Avenue, Ogden

- June 25-29, 9:30-12:00 pm., 8-14 years old  
  1181 No. Fairgrounds Drive, Ogden

- July 16-20, 9:30-12:00 pm., 8-14 years old  
  Ogden Weber Community Action Partnership  
  3159 Grant Avenue, Ogden

- July 30-Aug 3, 9:30-11:30pm., 5-7 years old  
  Ogden Weber Community Action Partnership  
  3159 Grant Avenue, Ogden

To register or for more information, call 801-399-8207. These camps fill up fast so call right away.
Take a food preservation class. We are offering a food preservation series in Weber County on all different aspects of food preservation. Feel free to join us for any or all of this series. (See attached details.) Even though you may have been canning for years, these classes will be fun and entertaining, as well as informative. It’s always a good idea to hone your skills.

Ask questions of the experts. It may be tempting to ask your neighbor or family member your canning questions, but don’t forget to double check their answers with your local USU Extension office. There are just some times when it isn’t worth the risk, and food preservation is one of those times to check out the information you are hearing.

~Teresa Hunsaker

Spring is always a great time to find a good buy on young tender asparagus. Here is a great brunch cream puff, or light luncheon main dish.

**Ham and Asparagus Puffs**

1 cup water  
½ cup butter  
¾ tsp. salt  
1 cup all purpose flour  
4 eggs

In a medium saucepan, mix water, butter, and salt. Bring to a boil, and stir in the flour. Reduce heat to low. Stir constantly over low heat, until mixture forms a ball. Remove from heat and cool 4 minutes. Add eggs, one at a time, beating well after each addition. Drop by rounded teaspoonful’s onto a greased baking sheet...making 18-24, depending on desired serving sizes. Bake at 425° F for 20-25 minutes, or until golden brown. When shells are cool, cut off top about a fourth of the way down, fill with filling.

**Filling:**
½ cup mayonnaise  
2 Tbsp. butter, slightly melted or very soft  
1 Tbsp. lemon juice  
1 cup finely chopped cooked ham  
2 cups asparagus, cooked, drained and finely chopped  
¼ cup finely chopped onion  
Pepper to taste

In a small bowl mix the mayonnaise, melted butter, and lemon juice. Add in the ham, asparagus, onion and pepper. Fill cooled and cut cream puffs. Chill and serve.

**Master Food Preserver Course**

June 5, 6, 7, 18, 19 & 20
8:00 am. - 2:30 pm.

Cost: $130/person

Here it is, an in-depth series on food preservation! This **Master Food Preserver Course** is intended to help you feel very confident in all areas of food preservation…pressure canning, water bath canning, dehydrating, and freezing. We will study the food science behind why we do what we do in preserving food, for optimum food safety.

You will learn why methods have changed, why “grandma’s recipe” isn’t safe anymore, and how to master the art of food preservation to assist you in taking advantage of produce to save on your grocery dollar.

The course consists of six different days with both lectures and labs. No previous experience is required to take this course. It is designed for young and not so young, those who have canned for years, and those who are just starting out. It is so much fun!!! Plus, we get to taste samples and even take a little home. The course is also designed to provide certification for those interested in being a Master Food Preserver volunteer. At this level of completion you will be able to take and answer canning calls during canning season, give demonstrations to groups in the community, and test pressure canning lids for accuracy. In order to receive certification, participants will be required to attend all classes and take an exam.

**COST:** $130 full course or $25 per day for full days and $12 for half days. Full cost covers: canning guide book, binder, training material, food supplies, apron, and lots of fun. You can attend just one day offerings, and cost for that day covers food and recipes for that day.

**LOCATION:** South Ogden Junior High FACS kitchens, 650 East 5700 South, South Ogden.

**REGISTRATION:** Seating is limited. Register by calling 801-399-8207.

**Course schedule on next page.**
<table>
<thead>
<tr>
<th>Date</th>
<th>Morning Session</th>
<th>Afternoon Session</th>
<th>Additional Notes</th>
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</thead>
<tbody>
<tr>
<td>Tues. June 5th</td>
<td>8am-11:00am – Introduction</td>
<td>11:30-2:30pm – Canning pickles and relish</td>
<td>All classes will be held at Mt. Ogden Junior High School, FACS kitchens...North West side of school.</td>
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<tr>
<td></td>
<td>Course overview</td>
<td>Fermentation and preservation</td>
<td>There will be a short 30 minute break each day between the am and pm session.</td>
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<tr>
<td></td>
<td>Introduction to food science</td>
<td>Key ingredients for pickling</td>
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<td></td>
<td>Afternoon Session</td>
<td>Fermented pickles started</td>
<td>Hands on water bath canning of fruit products: oranges, grapefruit, peaches, pears, pineapple, applesauce or fruit in season.</td>
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<td></td>
<td>Proper equipment, costs, correct procedures, food-borne illness, and altitude adjustments.</td>
<td>Pectin (liquids, powders, universal), jells, jar sterilization, juice extraction with steam juicer and preservation</td>
<td>There will be a short 30 minute break each day between the am and pm session.</td>
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<tr>
<td></td>
<td>Preparing fruit and preserving agents: Syrups and low-sugar canning</td>
<td>Use of Clear Gel and cornstarch...comparison of other non-pectin options or low sugar options.</td>
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<td>Hot and Raw pack</td>
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<td>Preparing rings and lids</td>
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<td>Pie fillings</td>
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<td>Thurs. June 7th</td>
<td>8am-11am – Dehydration (drying) foods</td>
<td>11:30am-2:30pm – Dehydrating fruit and fruit leathers.</td>
<td>Hands on pressure canning of meats, soup, beans and vegetables.</td>
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<td></td>
<td>Preparing foods by blanching and other pretreatments.</td>
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<td>There will be a short 30 minute break each day between the am and pm session.</td>
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<td></td>
<td>A look at food dehydrators...what to look for and consider in purchasing.</td>
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<td>Hands on freezing methods for fruits and veggies.</td>
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<td>Mon. June 18th</td>
<td>8am-11am – Pressure canning low acid foods – using the pressure canner.</td>
<td>11:30-2:30pm – Freezing</td>
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<td></td>
<td>Reviewing the pH of low acid foods.</td>
<td>Discussion on pretreatments and what methods of freezing preparations work best for which food.</td>
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<td></td>
<td>Avoiding problems with syphoning</td>
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<td>Hands on water bath canning of canned tomatoes, juice, other tomato products, and approved salsa varieties.</td>
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<tr>
<td>Tues. June 19th</td>
<td>8am-11am – Canning tomatoes and tomato mixtures.</td>
<td>11:30-2:30pm – Freezing</td>
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<tr>
<td></td>
<td>Reviewing pH, acidification</td>
<td>Discussion on pretreatments and what methods of freezing preparations work best for which food.</td>
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<td></td>
<td>Preparing tomatoes – slipping skins</td>
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<td>Salsa...many varieties will be presented</td>
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<td>Wed. June 20th</td>
<td>All Day 8am-1:00am – Wrap Up</td>
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<td>Make pies using our canned pie filling...eat pies with ice cream!!!</td>
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<td>Final exam</td>
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<td>Canning 101 Game</td>
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<td>Pressure lid testing</td>
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<td>Show and Tell...Judging the finished products...this means eat!!</td>
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<td>Clean up the kitchens</td>
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What’s Happening with Food Sense?  
May – June 2018
FREE Classes for EVERYONE!!

GET ACTIVE!

The time of the year has come when the sun shines more often! It’s Spring…and Summer is right around the corner. It’s a great time to get out of the house and be active, and perhaps work on those New Year’s resolutions. Here are a few ideas to get you moving and increase your activity:

♦ Park your car a ways away from the building you are visiting…store, or bank, post office or school.
♦ Enjoy more walks around the block
♦ Go to the park with the kids and the dog
♦ Show some love to your garden
♦ Go for a jog
♦ Mow the lawn. There’s nothing better than the aroma of freshly cut grass 😊
♦ Have a water balloon/squirt gun fight with the kids
♦ Play a sport: soccer, basketball, pickleball, or others
♦ Play catch with a football, baseball, or frisbee
♦ Go for a swim
♦ Enjoy a nice bike ride…remember to wear a helmet

One important complement to physical activity is hydration. To avoid dehydration and fatigue, drink water before, during, and after being active. Each is as equally significant. The amount of water that a person needs varies, so two ways to determine hydration status are urine color and sweat loss¹. You may be tempted, like many, to pour that nice, refreshing water over your head to cool down. The best way to do that, however, is to put it inside your body¹. Happy hydrating!

Source: 1. eatright.org, “Hydrate Right”.

By the end of June, or early July, we will start to see sweet cherries in our fruit stands and grocery stores. Here is a great recipe using this wonderful fruit.

Sweet Cherry Ice Cream Sauce

2 cups pitted and chopped fresh sweet cherries  
½ cup sugar  
¼ cup water  
¼ cup light corn syrup  
2 tbsp. cornstarch  
2 tbsp. cold water  
1-2 tbsp. lemon juice

Combine cherries, sugar, ¼ cup water, and corn syrup in a saucepan. Blend cornstarch with the remaining 2 tablespoons water and add to the cherry mixture. Cook over low heat, stirring constantly until thickened. Stir in lemon juice. Cool. Serve over ice cream.

Sweet Cherry Soda

½ cup Sweet Cherry Ice Cream Sauce  
2 scoops vanilla ice cream  
Ginger ale, club soda, or Sprite type soda

In a blender container add ice cream and sauce. Blend until thick and well blended. Pour into tall glass about 2/3 full, then top with ginger ale or carbonated water.