



# Geary County

K-STATE RESEARCH AND EXTENSION NEWS

[geary.k-state.edu](http://geary.k-state.edu)

April 2022

## Ask the Agent

**Q:** I have a couple of canners that were handed down to me from my mom and grandma. Are they safe to use?

**A:** Assuming they have no holes or cracks in them, you should be able to use them for water bath canning. However, if they are pressure canners, approach with extreme caution.

Pressure canners for use in the home were extensively redesigned beginning in the 1970's. Models made before the 1970's were heavy-walled kettles with clamp-on or turn-on lids. They were fitted with a dial gauge, a vent pipe in the form of a petcock or covered with a counterweight, and a safety fuse. Most modern pressure canners are lightweight, thin-walled kettles; most have turn-on lids fitted with gaskets.

Use only canners that have the Underwriter's Laboratory (UL) approval to ensure their safety. Our office can check the accuracy of certain dial gauges, free of charge.

For more information call the Geary County K-State Research & Extension office at: **785-238-4161**

**K-STATE**  
Research and Extension

K-State Research and Extension is an equal opportunity provider and employer.

[ksre.k-state.edu](http://ksre.k-state.edu)



## April Showers...

Don't let April showers take away from your health. Starting or maintaining a consistent walking program can make a tremendous difference to your health! We need physical activity in our lives but it is something we often overlook.

Walking is a low or no cost form of physical activity. Cost is important for many people because of the financial issues most people face today. It is not necessary to purchase special clothes but it is important to be dressed appropriately for the weather at the time of your walk. If possible, walk during the daylight hours so that you are much easier to be seen by others and be able to see where you are going. If you prefer to walk in the early morning or later in the evening, then carry a flashlight and wear light-colored clothing. Another feature to consider is walking with a friend, for company, encouragement and safety. Walking in a mall, school or a community center are also options that can keep you safe while you exercise.

Becoming fit is the goal, so start out walking slow and gradually increase duration, distance and pace over time. There will be subtle [benefits](#) that you will notice as you continue your walking quest:

- Lower bad cholesterol (LDL)
- Raise good cholesterol (HDL)
- Lower blood pressure
- Manage weight
- Reduce risk of heart disease
- Reduce risk of Type 2 diabetes
- Lower stress
- Increase energy

Did you know that walking could also slow mental decline? We often think that there are only physical benefits from walking, but studies have shown that it can also benefit our mental health by:

- Lowering Alzheimer's risk
- Improving sleep
- Improving mood
- Allowing time for meditation

There are many lifelong benefits to walking, including that it is inexpensive and does not require equipment. Although walking may not be listed as a necessity, it definitely provides lifelong benefits without great expense or equipment.

This article was originally published by Michigan State University Extension: [https://www.canr.msu.edu/news/walking\\_fit\\_for\\_benefits](https://www.canr.msu.edu/news/walking_fit_for_benefits)

Photo Credit: Photo by

[Anna Tsukanova](#) on [Unsplash](#)

**K-STATE**  
Research and Extension

Family & Consumer  
Sciences

April 2022



## Junction City Walking Trails

The Bluffs:	1.10 miles
Bramlage:	.34 miles
Freeman Field:	.68 miles
Homer's Pond:	1.10 miles
Riverwalk Landing:	.45 miles
Riverwalk:	4.82 miles
South:	1.23 miles
Wetlands:	.49 miles

## Milford Lake Walking Trails

Crystal:	2.15 miles
Eagle Ridge:	2.30 miles
Waterfall:	.60 miles

A map of these trails can be found on the Live Well Geary County website at: <https://www.livewellgearycounty.org/resources>

## Cauliflower Rice

# Family Nutrition

## Cauliflower Fried "Rice"

Have you tried cauliflower rice? Although this food product hit the market in 2017, it's popularity isn't slowing down. It has continued to cause confusion for some because cauliflower rice isn't really rice at all! The name of the product is part of the marketing effort to sell it as a good alternative to genuine rice. As consumers continue to target a reduction in bread and pasta, vegetable "rice" is an appealing healthy alternative.

Cauliflower is a great source of vitamins C and K. Rich in B vitamins, folate, and dietary fiber—it rounds out to be a wholesome food! A serving of plain cauliflower (1 cup) is only 20 calories and 4 grams of carbohydrate. Compare that to 1 cup of actual white rice which has about 242 calories and 53 grams of carbohydrate.

You certainly don't need to completely throw rice off your menu plans. Wild or brown rice have significant nutrition benefits because they are a whole grain. Rather, cauliflower rice can be viewed as a way to decrease calories and increase vegetable intake as part of a balanced meal plan.

You can purchase frozen cauliflower rice at the grocery store or you can make it at home, if you have a food processor. Prepare your head of cauliflower by first washing it under cool water. Pat dry. Cut the cauliflower into smaller chunks that can be pulsed into rice-size pieces in your food processor. You could also use a box grater, if you have the time and effort to tackle the task!

### **Ingredients:**

Nonstick cooking spray  
1 large egg, slightly beaten  
2 teaspoons olive oil  
1 teaspoon toasted sesame oil  
1 medium head cauliflower, crumbled in food processor or 1 (12-oz.) package frozen cauliflower rice  
2 garlic cloves, chopped  
1 teaspoon grated ginger  
½ cup frozen peas  
2 Tablespoons reduced sodium soy sauce

### **Directions:**

Spray large skillet with nonstick cooking spray. Heat over medium heat. Add egg and scramble until cooked through. Remove from skillet and set aside. Heat olive and sesame oil in same skillet over medium heat. Add cauliflower rice, garlic, ginger and peas. Cook 5 minutes, stirring frequently, or until vegetables are tender. Stir in soy sauce and cooked egg. Cook for 1 minute or until heated through.

*Yield: 4 servings*

**Nutrition Facts** (per serving): *100 calories, 5 grams fat, 340 milligrams sodium, 8 grams carbohydrates, 3 grams fiber, 5 grams protein*

Recipe Source: Illinois Extension

## Food Safety

It's time for spring track meets and ball games. To avoid the expense and limited selection at the field's concession stands, parents and youth often pack a cooler with food and drink. If you find yourself needing to pack a cooler for a warm or hot day of being a spectator, you need to think ahead to keep your food safe! Bacteria grow rapidly between 40°F and 140°F, and when it's above 90°F outside, cold food heats to those temperatures much faster.

Each year, about 1 in 6 people in the United State gets sick from eating contaminated food. Most of these cases result in a touch of stomach flu symptoms. However, young children, pregnant women, and the elderly are particularly susceptible to serious consequences from foodborne illness because of their underdeveloped or compromised immune systems.

Here are some tips to help you plan and prepare a safe cooler of food and drink for your day at the field.

1. Wash your hands before you begin to pack the cooler. Make sure the cooler is clean and dry. Avoid putting the cooler on the kitchen counter—the bottom of the cooler could contaminate the countertops.
2. Always keep cold foods cold and hot foods hot. If you are taking cold food and drinks, make sure you use several ice packs (depending on the size of the cooler.) I usually put several bottles of water in the freezer the night before the event so that I can use them as freezer packs AND drinks as the warm weather persists.
3. Pack perishable foods directly from the refrigerator or freezer into the cooler. Meat and poultry may be packed while still frozen—it will stay colder longer.
4. A full cooler will maintain its cold temperatures longer than one that is partially filled. If the cooler isn't completely filled, pack the remaining space with more ice. Keep food in one cooler and drinks in another (which will be opened more frequently.)

# Family Storm Safety

In 2021, there were **1,376 tornadoes in the United States**, compared with 1,075 in 2020, according to preliminary data from the National Oceanic and Atmospheric Administration (NOAA). In Kansas, the 2021 tornado count was 46, ranking us at 11 out of the 50 states and Washington DC. Unlike many other states, Kansas had no tornado-related fatalities in 2021.

Although last year's tornado season was not as bad as some years, it still was serious enough to warrant caution. We each need to be diligent in taking precautions to keep ourselves and our loved ones safe.

Steps you can take during pre-planning include:

- 1) Developing a plan of action. Identify a safe place where you will meet family members should you get separated. Make sure everyone knows important phone numbers and people to contact.
- 2) Practice your evacuation or safety steps with frequent drills. Don't assume that everyone in the family knows what they are supposed to do or where they are supposed to go.
- 3) Purchase, program, and use a NOAA Weather Radio that will warn you of severe weather. If you have a weather radio, but are unsure that it is programmed correctly, take it to the Emergency Management Office in your county. They can assist you with programming it specific to your location.
- 4) Listen to radio and television announcements that will keep you up to date on weather conditions. Make sure you have a battery operated radio in the event of a power outage. Put fresh batteries in your radio every 6 months to make sure it works when you need it.
- 5) Be aware of the weather forecast if you are planning outdoor activities or trips. Make sure you know what the forecast is for the duration of your hike, camping trip, or other outdoor activity.

When you find yourself in the midst of severe weather and potentially a tornado, there are things you can do to reduce risk of injury. The National Weather Service promotes the acronym "DUCK" as a quick and easy way to remember the basics when it comes to being safe when there is a tornado in your area. The "D" reminds us to get **D**own to the lowest level. Go to the basement, if you have one. If you don't, contact a nearby friend or neighbor who has a basement and ask to share that space. The "U" reminds us to get **U**nder something sturdy. This can help protect you from falling debris. The "C" reminds us to **C**over our head. You can use a heavy blanket, a foam cushion, a hard hat, or whatever you have readily available to cover your head. Finally, the "K" reminds us to **K**ee in your shelter until the storm has completely passed.

There are other things you can do to help you regain yourself after a tornado strikes. Not only should we be

concerned about our physical safety and well-being, but also about our insurance coverage and the possessions meant to be covered by our insurance policy. A 2014 tornado in Cherokee County resulted in \$10 million in damage. People lost their work place, their automobile, and/or their homes. Hopefully, their insurance coverage was adequate to cover their losses AND they had a personal home inventory to assist them in the claim process.

It is important to regularly review your homeowner's or renter's insurance policy. Insuring both the structure and contents is essential. Wind events are covered under homeowners policies, but the flooding that often accompanies these storms may not be part of your policy. Typically, a landlord will have insurance coverage on the rental structure only. Pull out your policy at least once a year to make sure it has the coverage you need. Specifically look at what type of disasters it will cover. Make sure your homeowners insurance provides enough coverage to rebuild your home and furnish it adequately. You also need to make sure it covers the types of natural disasters prone for your area, such as fire, lightening, flood, and wind damage to name a few.

Prepare a home inventory. A personal home inventory creates a record of the possessions you have in your home and their value. A thorough inventory will include the serial numbers for electronic equipment and appliances.

To create your home inventory, begin with listing every valuable item in your home. Include the serial number, make, model, and a brief description for each item. Save your receipts and keep them with your inventory. If you have antiques or other collectibles, keep a detailed record of those, as well. Update your inventory list as you acquire new items and replace old ones.

You should keep several copies of your inventory in different places. You want to make sure you can access a copy of the inventory even if your home is no longer standing (i.e. from fire, tornado). Consider purchasing a fire resistant box to store one copy in your home. You can also put a copy in a safe deposit box or lock a copy in a cabinet at your workplace, if appropriate. You could ask a close friend or relative to keep a copy in their home or share a copy with your accountant or attorney. The Kansas Insurance Department has an excellent free resource to assist you in creating your home inventory called "Personal Home Inventory".

Kansas has already had it's first tornado this year on March 29 in Jefferson County. It's never too early to get prepared for storm season in Kansas.





**Geary County**

P.O. Box 28  
119 E. 9th Street  
Junction City, KS 66441

**Upcoming Geary County Extension Programs**

**\*\*Requires pre-registration. Call 238-4161 to pre-register\*\***

**April 2022**

- 18 Quick Meals for Busy Families III—session 4; registration required
- 18, 25 Healthy Together Meals—Hosted by Live Well Geary County at the Larry Dixon Center, 920 W. 6th, Junction City from 5:30 – 6:30pm. Free hot and healthy meals offered to seniors.

**May 2022**

- 6 USD 475 & Geary County K-State Research & Extension Ag Day. Third graders from across the district will learn more about agricultural products and production.
- 21 Geary County Walk Kansas program concludes.

Mark your calendars for the 2022 Geary County Free Fair July 17—21, 2022  
Open Class Fair Books are in! They can be picked up at the Geary County Extension Office.



‘Like’ us on Facebook for the latest news from **Geary County K-State Research and Extension**, including health, wellness, and financial tips. <https://www.facebook.com/gearycountyextension/>