

THURSDAY | OCTOBER 8, 2020

Betty Kaiser: Cook's Corner Clarifying my 'scary' canning column



Betty Kaiser

Dear Readers, my last column featured a Marinara Sauce recipe that I can every year. It stirred up a whole lotta trouble.

So... This column is in response to an email that my editors and I received regarding my "scarily dangerous advice." We were asked to "strongly and immediately correct the information in your column ... freezing is the only safe option for preserving this recipe."

So, here is the correction: You can eat it but *Do Not Can* Betty's Marinara Sauce! And if you have any questions about what you are canning, call the OSU Lane Extension Office 541-344.5859.

Two highly trained Master Food Preservers considered the recipe/column "scary" for a variety of reasons, including what could be dangerous water bath canning, unsafe recipes, my flying-by-the-seat-of-my-pants cooking, adding meat or other uncalled for ingredients in canning recipes and more.

By those standards, I plead guilty to everything except the most serious charge: water bath canning.

I didn't give instructions in the column on how you should be doing your canning. I did suggest following instruc-

tions on your home canner.

I also should have said that I never do water bath canning. I always use a pressure cooker.

I didn't cover all canning bases.

Sorry!

I am not an expert in canning so I don't write "how to" columns on that subject. I'm a long-time recipe columnist sharing simple, seasonal meal ideas to enjoy.

My foods education consists of being raised and fed by a Southern family; studying Home Economics at Pepperdine College in Los Angeles and supervising the kitchen and business at Kaiser's Country Diner in California, and a local donut shop bakery.

Unfortunately, in my columns, I sometimes must take shortcuts in what I say and that got me into trouble this time. For instance, I should have been more explicit and said that I don't can meat.

I only add it after I open the canned product to prepare it for dinner. The same thing goes for my "cooking by the seat of my pants" comment. It's after canning that additions are made.

That wasn't clear either.

Mea Culpa!

In Oregon, Master Food Preservers are trained and certified volunteers who assist Oregon State University Extension Service. They are highly educated in their field and, among other things, they provide up-to-date food safety and preservation informa-

tion to Oregonians.

They are protecting the public and very serious professionals.

So in closing this column, I leave you with these canning thoughts from Beth Pool and Kim Still, veteran Master Food Preservers with Lane County OSU Extension Services:

"Incidences of botulism poisoning have been on the rise in recent years due to people finding fresh recipes and thinking, 'This is so tasty! I'll just can it.' What happens is the Clostridium botulinum bacteria actually thrives in that low acid, air-free environment (of a water bath processed canning jar), releasing a deadly toxin that is tasteless and odorless. When consumed, it attacks our nervous system... a very long and painful death."

"Now, to address the safe 'hows' of preserving vegetables and meats. All foods have their own specific pH levels and are either more baselike/alkaline or acidic (drinking water is neutral).

"Foods higher in acid, such as fruits, can be safely preserved by water bath canning. Foods lower in acid — vegetables and meats — must be pressure canned (not with a pressure cooker!) at temperatures above boiling (224°) to kill the botulinum bacteria."

"It is also vital to pay attention to their proportions (ratios) when combining vegetables (or meats) as in sauces, soups, etc."

"Because of their varying pH/acidity levels, the low-acid ingredients

must be measured by volume or weight according to the recipe. Tomato paste alters the density of the product, causing uneven processing and a dangerous situation.

"Acid must also be included in proper proportions. If meat is added, the processing time changes quite a bit."

"Despite commercially made products you see on grocery shelves, only USDA approved recipes should be used for home canning."

"You will find safe recipes for preserving spaghetti sauce with or without meat in a hand-out published by OSU Lane County Extension. In it are recipes and explanations of the science behind preserving tomato products."

"The website is: <https://catalog.extension.oregonstate.edu/pnw300>."

"It may seem less satisfying to use a 'boring' scientifically researched recipe, but you can make it 'your own' with extra ingredients after you've opened your safely preserved product and are preparing your meal."

"Another excellent source for USDA approved canning recipes is The National Center for Home Food Preservation, <https://nchfp.uga.edu>. We can also recommend recipes from Ball Blue Book (post 1989 publishing date), as long as you follow the measurements and directions exactly."

— *Keep it simple and keep it seasonal with Betty Kaiser's Cook's Corner*



Pet Tips 'n' Tales

By Mary Ellen
"Angel Scribe"

'Glory'ous Love



It is rare for a mare to lie down after giving birth, and it was a good thing she did; Glory's weak premature colt curled up in her arms for comfort.

(This column was first published Oct. 30, 2019)

After living outside of Oregon for 14 years, including six years in China, Renee's family was thrilled to move back. They celebrated with a skiing trip, stopping at a restaurant, where an image of a magnificent Gypsy colt graced the cover of a magazine.

"In that minute, I fell in love with the Gypsy breed," explains Renee. "The colt's beauty took my breath away; the hair on its mane and tail resembled long, fine and beautiful feathers. After seeing the magazine, I was so enthralled that I could not eat. Life seemed to come to a stop until I could touch, feel and love a Gypsy horse."

A month later, she was the happy owner of two Gypsy horses and discovered this magnificent mystical looking breed was cuddly looking, exceptionally giving, forgiving and loving.

Years later, Renee owned several more Gypsies, including the mare Glory Upon Glory from Ireland. In New York, the agricultural department unloads arriving livestock, washes and disinfects their feet to prevent the spread of hoof-and-mouth disease. From there, Glory was flown to Kentucky and trucked to Oregon, still nursing a filly.

Later, Glory was bred through a Tennessee stallion's semen, which arrived in a box via Fed-Ex. Their veterinarian was the middle-man in the conception.

Glory's colt was born 36 days premature, which was a serious threat to the colt's survival. Renee, knowing that his early birth was a dangerous to the colt, felt it needed some divine help. So, she named him "Segway," which means a small pathway to the Lord.

"The first two hours, I watched Glory and Segway in the pasture," said Renee. "I had never seen a mare lie down before, but Glory did. Little Segway crawled into her lap and snuggled his muzzle into her cheek and kissed her. Glory leaned her head on her son's head. Then, he put his head on her chest. She lay her head over his neck and head, and he put his neck all the way down onto her lap, and she lay her head on his body. It was so precious. They lay quietly for 15 minutes and Segway fell asleep."

Renee walked out to the colt and coaxed him away from his mother's arms, to his stall, to encourage him to nurse. "But he did not nurse and started to fail," said Renee. "I cried out, 'Lord, you have to heal this baby.' Then, I phoned my church and asked them to please pray for the colt. Then I phoned my uncle, a minister of another church, and his congregation also began praying for Segway. It was a very scary time."

Renee said she milked Glory and hand-fed Segway three times a day for three days.

"On the third day, I found him joyfully running around his stall like a happy newborn colt! He was finally nursing on his own," Renee said.

In gratitude for all the prayer's success, Renee sent an email to her daughter, Lauren, and the stallion's owner, which included the cradling photos of Segway.

"From these two people things went crazy. Segway's photos circumnavigated the globe several times over," Renee said. "There was an avalanche of responses from people wanting to use Glory and Segway's photos as their screensaver to give them inspiration."

Someone in Copenhagen, Denmark, even wanted to make calendars, Renee said. An OB nurse in Ohio, who teaches "Kangaroo Care" (the process of connecting premature babies skin-to-skin with mothers to promote infant well-being and improved brain development) asked if she could put the photograph on a bulletin board along with other pictures of newborn critters of all kinds in kangaroo positions.

Clearly, Renee was right: Gypsy horses are special and they can inspire people around the world.

TIPS:

- Gypsy horses look mystical and magical. When these horses 'dance' in their pastures, they look like a unicorn missing their horn.

Write us about your fun pet at angelscribe@msn.com

LORANE COUNTRY NEWS

CONTRIBUTED BY
LIL THOMPSON
FOR THE SENTINEL

- Lorane Christian Church held both in-

door and drive-in services last Sunday at 10 a.m.

Indoor was with masks and at least six

foot distance. There were at least seven cars outside for service.

Thank you to Lorane Church for its inno-

vative services during these COVID-19 times.

Same for next Sunday at 10 a.m.

- Crow-Applegate-Lorane School District started Sept. 22 with all distance learning due to the rise in COVID-19 cases in Lane County taking us over the metric for any in person classes.

The high school held an assembly on Zoom for their students.

All students and staff worked hard in this new learning environment. They will keep students and parents updated on how everything is working.

For more information, call Applegate Elementary at 541-935-2100 or Crow Middle/High School at 541-935-2227.

- Please, everyone be careful on Stoney Point.

Last week someone almost ran into the back of a flagger's truck and over the weekend a car went over the side of the construction site.

Just slow down in either direction and be prepared to stop.

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