

Home-canning information should be research-based and up-to-date

The food preservation season is approaching. Be prepared by gathering up-to-date instructions for home canning. Although other preservation methods such as drying and freezing may allow some room for creativity, canning must be done with precision.

Home-canned foods will be safe to eat if you follow research-based instructions ex-

actly. It's especially important to can low-acid foods (such as meat, fish, vegetables, and poultry) correctly to avoid botulism, a sometimes fatal food-borne illness. You must use a pressure canner.

The type of canner and length of time needed are influenced by several factors including the acidity of the food (or food mixture), the way it's

prepared, and the size of the jar. Jars of food must reach a high enough temperature to kill harmful bacteria. To determine a safe processing time, researchers record the temperature inside samples of jars during the canning process.

Safe home-canning recommendations are developed by researchers in food science laboratories. The U.S. Depart-

ment of Agriculture has long been the major source of research-based home-canning instructions. Recommendations are published in The Complete Guide to Home Canning. View it online from the National Center for Home Food Preservation at the University of Georgia at <http://www.uga.edu/nchfp/> (click on "publications").

The Extension Services of Oregon, Washington, Idaho have published the USDA home-canning recommendations, many of which are online. Check the OSU website at <http://extension.oregonstate.edu/catalog> (click on "nutrition and foods") for publications on canning tomatoes, seafood, and smoked seafood as well as pickling vegetables. These publications about canning vegetables, fruit, salsa, and meat and poultry also are available for purchase via the OSU

website. Pacific Northwest and other publications are also available at OSU Extension county offices. There are kept updated based on current research.

Recent Ball and Kerr home-canning publications also are based on USDA recommendations. It's very important to use up-to-date editions because home-canning recommendations have changed through the years. Use editions published after 1988, when many changes were made.

Don't assume that all home-canning recommendations on the Internet are safe. Be especially cautious about personal websites, recipe sites, and cooking exchanges. Ask a food safety expert (such as OSU Extension) before using them. They may not be based on research.

Source: Carolyn Raab, Extension food and nutrition specialist, Oregon State University.

Free Kidney screenings at Kelso's Cowlitz County Fair

The Dialysis Staff from St. John Medical Center will be working hard at the Cowlitz County Fair this Saturday, August 4, providing free screenings for Chronic Kidney Disease (CKD), which may include a serum creatinine blood test. The free kidney screenings will take place from noon to 6:00 p.m. at the fairgrounds.

"We are focusing on reaching people who might not otherwise have an opportunity to determine their risk of kidney disease," says Bonnie Brice, Clinical Manager of PeaceHealth's Dialysis Center. "We want to reach people who are under-insured, or have no health insurance at all. These are the people who are most likely to be unaware that they are at risk of kidney disease."

High blood pressure and diabetes are the leading causes of kidney disease. Sadly, over half of the people who will go on dialysis this year could have avoided it if they had taken

proper preventive steps. Because the early stages of kidney disease show few symptoms, it is important to begin regular monitoring through simple blood and urine tests. Many cases of kidney failure can be delayed or prevented through early diagnosis and intervention.

"People with high blood pressure, diabetes, or a family history of kidney disease are at particularly high risk," says Mary Jansma, Nurse Practitioner at PeaceHealth's Dialysis Center. "Early detection can help prevent the progression of kidney disease to kidney failure. Just as important, kidney disease can also cause hypertension. Heart disease is the major cause of death for people with CKD. There are so many good reasons for people to find out if they are at risk!"

In America, Chronic Kidney Disease afflicts 20 million Americans – one in every nine adults – and an additional 20

million are at high risk.

"There is no precise way for us to know how many people are at risk of Chronic Kidney Disease," says Jansma. "There are so many people who don't have access to health screenings for CKD – working men and women without health care, or people still a little too young for Medicare. If these people will come to the Fair this coming Saturday, we'll give them a free screening to find out if they are at risk."

The screening will include a review of lifestyle and risk factors, and may also include a serum creatinine blood test, provided by an on-site phlebotomist. Additionally, everyone who participates in the kidney screening will be entered into a drawing for a handmade afghan.

Admission to the Fair is free. The fairgrounds are located at the intersection of 7th Avenue and Washington Street in West Kelso.

Rinse fruits & veggies for safety

Raw fruits and vegetables have been linked to several foodborne illness outbreaks in recent years. A study conducted at Tennessee State University has suggested that rubbing and brushing fresh produce under cold running tap water has the potential to reduce surface contamination with harmful bacteria such as Salmonella, E. coli O157:H7, and Listeria monocytogenes.

The researchers studied lettuce, broccoli, apples, and

tomatoes. It was harder to clean lettuce and broccoli because grooves provided more surface area for the bacteria to attach.

The research found that it's more cost effective to clean fresh produce with cold tap water than with other homemade or commercial cleaning solutions.

Stem and blossom ends of apples were more contaminated than the surface after soaking and rinsing. The researchers therefore advise discarding the ends of fresh produce (including tomatoes and melons) after rinsing.

Source: Carolyn Raab, Extension food and nutrition specialist, Oregon State University.

**AGALIS
NETWORK
SERVICES**

High Speed Wireless Internet.

As fast as DSL for less cost.

Domain Services

Low cost registration and hosting.

Unlimited Dialup

Surf up to 5x faster with dialup accelerator included FREE.

Local Areas Wireless Internet

Heather Ln. to Cherry St., Downtown Vernonia

Timber Rd./Hwy 47 Jct. to the Golf Course

Check your email

from anywhere using Agalis' Webmail.

All Agalis Internet accounts include:

Email accounts, Email Virus & SPAM filtering, FREE Internet related support.

Website: www.agalis.net

Phone: 503-201-1846

Owned and Operated in Vernonia since 1998

Attention:

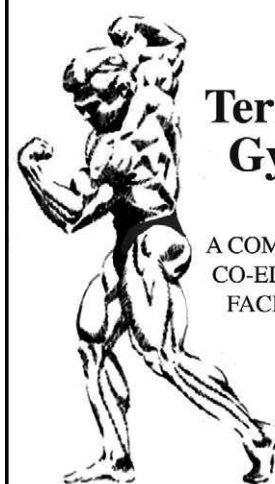
Drinkers take note!

During Jamboree there will be free rides available from the Vernonia Police for anyone driving while intoxicated.*



*** Straight to the County Jail**

This ad sponsored by *The Independent*



**Terry's
Gym**

A COMPLETE
CO-ED GYM
FACILITY

(503) 429-0501

16720 Noakes Rd Vernonia, OR