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Chemicals That Can Affect Your Child's Brain

Scientists have recently isolated toxic chemicals they believe are affecting brain development, resulting in memory, attention, and behavior problems; poor test scores; and even IQ deficits in children. Be your own advocate, ask questions.. There are tests available for lead paint . You can also have water tested if you have your own well. Also be aware that other countries may not share our standards of safety. The main offenders:

- **Lead**—it's still found in older homes and plumbing, cheap toys and dishware, and even lipstick.
- **PERC** (perchloroethylene)—used in dry cleaning and some spot removers.
- **PCBs**—they've been banned since 1979, but have so polluted the earth that they still show up in animal fats.
- **DDT**—Forty years after it was banned, it's still found in animal fat and soil, and because it's still used in other parts of the world, scientists have detected new airborne contamination. DDT has been found in the blood samples of 99% of people tests by the CDC. (Note: Girls exposed to DDT before puberty are 5 times more likely to develop breast cancer, according to the President's Cancer Panel).
- **PBDEs** (flame retardants)— before 2005, flame retardants were used in furniture, carpets and even electronics, and they're still lurking in many homes.
- **Toluene**—used in paint, glue, gasoline, and even nail polish.
- **Methylmercury**—we're exposed through coal-burning power plants and fish that have been contaminated through industrial waste.
- **Chlorpyrifos** banned as an indoor pesticide for killing termites, but it 's still commonly used in agriculture.
- **Flouride, manganese, and arsenic** in water supplies.*

*Mary Janes Farm, Dec-Jan 2015, p.18



Caution: Don't Boil Your Canning Lids

“In all my years of canning, last year, I love more than ever before. Several jam and tomato seals failed. I now know why. There have been some changes to the way Jarden Home Products makes their Ball and Kerr lids. They are Now BPA-free. The undercoating has changed. This coating things when heated to a boil, which could cause a false seal or might fail to seal at all. This false seal is one big reason why I now remove the rings or screw caps from my canned goods when I go to store them. *And the Ball representative told me that the lids just need to be washed with warm soapy water and left on the countertop at room temperature.*” Dolly, from [GirlGab.com](http://www.GirlGab.com), wrote (Mary Janes Farm, Dec/Jan 14)

So, I did more research Jarden Home products, which owns Ball and Kerr, and found out the following at <http://www.freshpreserving.com/lids-101>, (copied from their page)

There are three important things to know. First, we recommend using only Ball®/Kerr® brand lids. They are BPA free, and offer the safest, most reliable results of any lid on the market. The second most important thing you need to know is never use a lid twice. After the first use, the lid will no longer seal effectively, so a fresh lid must be used every time.

And now for the third and perhaps best news: Pre-heating lids is not required! After extensive testing by our Quality Assurance Team, we determined that it is no longer necessary to pre-warm lids before use. If you desire, it is still safe to simmer your lids before use, however, you should never boil them. Our recommendation for over 40 years has always been to simmer (180°F), not boil (212°F), the lids.

Why don't I have to preheat my lids?

After extensive testing by our Quality Assurance Team, we determined that it is no longer necessary to pre-warm lids before use. If you desire, it is still safe to simmer your lids before use, however, you should never boil them. Our recommendation for over 40 years has always been to simmer (180°F), not boil (212°F), the lids.

When was this change made?

Believe it or not, in 1969! At that time we switched our sealing gasket from being latex-based to Plastisol. Latex required pre-heating to soften it prior to canning in order to create an effective seal. The Plastisol does not require preheating, but doing so will not damage it.

What about sterilizing the jars?

Pre-sterilizing jars and lids is not necessary in the home canning process. If you are following a recipe that processes in your canner for 10 minutes or more, the sterilization will occur during that time.

How should I prepare my lids now?

Removing the simmering step was designed to make the home canning process easier than ever, speeding up the time it takes to preserve your favorite fresh, local produce. This is entirely unrelated to the BPA-free coating change in our lids. That change was made to the underside coating and did not impact the sealing compound. After extensive testing from our quality assurance team, Jarden Home Brands' current recommendation is to prep lids by washing with warm, soapy water and keep at room temperature until ready for preserving.

Why haven't I heard about this before now?

We understand there are some inconsistencies in our current recommendations and what is printed in previous editions of the Ball Blue Book. Jarden Home Brands has already announced these changes to the public via its website, www.FreshPreserving.com, live webcasts and canning demonstrations as well as through updated packaging changes and on social media. We understand that many of our consumers are experienced canners who no longer seek instructional updates, but it's always important to ensure that you're following not only the USDA's most up-to-date recommendations, but also those of the manufacture. We are trying to communicate the change with as many preservers as possible.

Won't this lead to more seal failures?

Any seal failures are likely unrelated to the updates in the Ball or Kerr canning lids as the sealing compound has remained, essentially, the same since 1969. If you are experiencing seal failure, please visit our Problem Solver page to explore possible solutions.

While those are the three most important things to know, they just scratch the surface! Here's everything you need to know about lids.

Canning lid:

a one or two piece lid that seals onto a jar for preserving fresh food. The lid is airtight and keeps food shelf stable for up to a year if processed correctly. Lids come in two varieties, metal coated and plastic.

Metal Coated Lids (one time use, only) are the only USDA recommended type of lid for home canning. We recommend Ball®/Kerr® brands. They're Made in the USA, BPA-free and phthalate-free and the standard for use in testing with at the USDA and universities for developing home canning guidelines Other brands are Made in China or other countries, and may contain BPA and phthalates, known to buckle easily, frequent seal failures

Plastic (reusable): Not within USDA canning guidelines, solid rubber gasket does not vent well which means less of a vacuum seal, requires extra caution when tightening bands on hot jars (outside of normal canning process), expensive for gifting, more difficult to get a seal than conventional lids. Once used, they do not flex like normal canning lids. Testing has shown that these lids may lose half their vacuum over the course of a year, often within six months.

Tip: Use Ball® Plastic Storage Caps can be used for storing foods in the fridge or freezer

So, now you know the rest of the story!

Cydney



New Officers for Santa Fe County Extension Homemakers 2015:

(From the left)

Marcia Ronquillo:

Vice President,

Fran Day:

Secretary,

JoAnn Brennan:

Treasurer,

Maggie Rubino:

President

Congratulations ladies!

Come Join Us!

This is a group of giving, creative, smart, wonderful ladies! We do also have fun. Their mission statement is as follows:

Mission: The mission of the Extension Association of New Mexico is to strengthen individuals, families and communities through education, leadership and action.

*If you would like to become a member of this group,
please contact Cydney at 505-471-4711.*

Pioneer Woman Cinnamon Baked French Toast

- FOR THE FRENCH TOAST:
- 1 loaf Crusty Sourdough Or French Bread
- 8 whole Eggs
- 2 cups Whole Milk
- 1/2 cup Whipping (heavy) Cream
- 3/4 cups Sugar
- 2 Tablespoons Vanilla Extract
- FOR THE TOPPING:
- 1/2 cup All-purpose Flour
- 1/2 cup Firmly Packed Brown Sugar
- 1 teaspoon Cinnamon
- 1/4 teaspoon Salt
- 1 pinch Nutmeg - Optional
- 1 stick Cold Butter, Cut Into Pieces (Fresh fruit optional)

Grease a 9 x 13-inch baking pan with butter. Tear bread into chunks (or cut into cubes) and evenly distribute in the pan.

In a medium sized bowl mix together eggs, milk, cream, sugar, and vanilla. Pour evenly over the bread. Cover tightly and store in the fridge for several hours or overnight.

In a separate bowl, mix flour, brown sugar, cinnamon, and salt. Add nutmeg if desired. Add butter pieces and cut them into the dry mixture until mixture resembles fine pebbles. Store in a Ziploc in the fridge.

When you're ready to bake the casserole, preheat oven to 350 F. Remove casserole from the fridge and sprinkle crumb mixture over the top. (If you're using fruit, sprinkle on before the crumb mixture.) Bake for 45 minutes for a softer, more bread pudding texture. Bake 1 hour or more for a firmer, less liquid texture.

Scoop out individual portions. Top with butter and drizzle with maple syrup

I made this for a brunch the other day and it was sinfully delicious! The good news.....you can put most of it together the night before.



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