Now that spring has officially sprung, some Oklahomans may be planning graduation parties or vacations, while others may have shopping for some new summer clothes. However, with gardening season just around the corner, now is a great time for canning enthusiasts to check over their supplies to get ready for canning season.

For those who love to plant a large vegetable garden or purchase fresh fruits and vegetables at the local farmers market, preserving these foods is a great way to ensure great taste all year long. First and foremost, proper equipment in good working condition is a must for safe, high-quality home-canned food.

A boiling water canner is needed for canning foods such as fruits, pickles, jellies and jams. A pressure canner is essential for preserving low-acid vegetables, but also is used to preserve meats, fish and poultry, said Barbara Brown, Oklahoma State University Cooperative Extension food specialist.

“No matter what you’re canning, safety is of utmost importance. Checking all of your equipment before you’re ready to use will help ensure not only a safe product, but also makes the process easier,” Brown said. “You might have inherited your grandmother’s canning equipment and are excited to give it a try this summer, but it’s imperative to ensure everything is in proper working order.”

A boiling water canner should be deep enough to allow at least 2 inches of water to boil over the tops of the jars. There are two basic types of pressure canners, including one with a dial gauge and one with a metal weighted gauge. The dial gauge must be tested for accuracy before each canning season. If you have questions about this, contact your local OSU Cooperative Extension office for assistance.

Be sure to check the rubber gasket if your canner has one. It should be flexible and soft, not sticky or cracked. Also, make sure any small pipes or ventports with openings are clean and open all the way through. Both types of canners should have a rack in the bottom to keep jars off the bottom of the canner.

“Now is a good time to inventory your jar collection and determine if you need more. Supplies may be
limited once canning season is in full swing,” she said. “Inspect the jars for any nicks, cracks or chips, especially around the top sealing edge. These can prevent the jars from sealing properly.” Even if the jars appear to be in good shape, consider replacing them if they are old. Very old jars can weaken with age and repeated use and can break under pressure and heat. Also, make sure any jars you purchase are specifically designed for home canning. The USDA recommends mason-type jars that use two-piece, self-sealing metal lids. While you can reuse the metal rings if they are not bent or rusted, the flat lids must be new every canning season.

Brown also suggests using up-to-date canning instructions. Publications and information are available at your local OSU Cooperative Extension office.

“Food safety and food quality are the top priorities when it comes to home food preservation. Although some electric, multi-cooker appliances do come with instructions for pressure canning, the Oklahoma Cooperative Extension Service doesn’t support the use of the USDA canning processes in these appliances,” she said. “The guidelines were developed for stovetop pressure canners which hold four or more quart-
Soap vs. Detergent: How are they different?

Did you know laundry soap and laundry detergent are not the same thing? We often use the terms interchangeably, but detergents and soaps have distinctive characteristics. Let’s dive into some of those differences throughout this article. They both are surfactants or surface-active agents. These compounds combine with grease and water for washing. Soaps are those made from natural materials found in nature. Soaps come from water-soluble sodium or potassium salts of fatty acids. Detergents are synthetic materials (although sometimes they have natural ingredients) and are made up of one or more surfactants. Because the surfactants are less sensitive than soap to hardness in water, they will not form a film.

Fun fact: During War World I & II detergents using solvents had their beginning, because the materials to make laundry soaps were scarce. The shortage of animal and vegetable fats and oils meant manufacturers looked toward readily available resources like petroleum to make detergent.

A drawback to washing with laundry soaps is that an insoluble film might be left behind on the clothes you are washing or a grayish tint might be left on the clothing because of the chemical interaction. Laundry detergents react to those same minerals in the water. When picking out detergents and soaps, look for recipes that are biodegradable to ensure the least possible damage to the environment.

Gung Ho for Garlic

The folklore. Garlic’s unassuming appearance in no way reflects its true nature. First cultivated over 5,000 years ago, this Central Asia native has a reputation as a culinary and medicinal star in traditional medicine for centuries. Ancient cultures used garlic to aid the heart and digestion, as well as improve physical strength. This potent powerhouse enlivens the flavor and nutrition of any dish, leaving a lasting impact on the palate—as well as the breath!

The facts. Garlic (Allium sativum) has universal appeal for its raw, bold pungency and cooked creamy sweetness. The bulb, comprised of numerous cloves, is grown underground like its onion and leek cousins and contains alliin, a sulfur-containing compound responsible for garlic’s telltale aroma and health-promoting properties. Garlic also is a good source of vitamins, minerals, and antioxidants. One small bulb packs 17% DV (Percent Daily) of heart-healthy vitamin B6, and 23% DV and 15% DV, respectively, of manganese and vitamin C, known to protect against damaging free radicals.

The findings. While Garlic has been widely touted for its heart protection, the research on proven benefits is conflicting. However, a recent meta-analysis of more than 100 studies provided “consistent evidence” that garlic powder reduces total cholesterol, LDL (“bad”) cholesterol, fasting blood glucose, and blood pressure (Nutrition Research and Practice). Garlic also has been linked to the fight against some cancers. A study in Molecular Nutrition and Food Research found that high intake of allium vegetables is likely to reduce the risk of gastric cancer, though more research is needed to confirm this effect.

The finer points. Available year round, fresh garlic cloves pack more flavor and health benefits than other forms, such as garlic powder, flakes, and paste. Choose tight, firm bulbs with dry, unbroken skin. Kept uncovered in a dark, dry place, garlic will stay fresh for about a month. Chopping, mincing, and smashing activate garlic’s healthful properties. Enjoy fresh, raw garlic pureed into creamy hummus or other healthy dips, roasted (releasing its creamy sweetness) and spread on crackers, mixed into steamed vegetables or sautés, or added minced to salad dressings.

-Lori Zontes
Environmental Nutrition
(www.environmentalnutrition.com)

NOTABLE NUTRIENTS: GARLIC

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Vitamin C</td>
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<tr>
<td>Vitamin B6</td>
<td>0.3 mg (17% DV)</td>
</tr>
<tr>
<td>Manganese</td>
<td>0.5 mg (23% DV)</td>
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Note: DV= Daily Value, mg=milligrams
Let’s do Lunch in the Caribbean

Join us for a tropical culinary adventure in the Caribbean! It’s only $10 and cooking starts at 11:00 am. Please register and pay by April 1st. Class is limited to 16 participants.

Let’s do Lunch
Wed. May 8th—South Africa
Wed. June 5th—Lebanon
Wed. July 3rd—Brazil

Jerk Chicken
Oven Temperature 350° Servings: 4-6

2-3 pounds chicken pieces, drumsticks and thighs
4 green onions, minced
3 tablespoons minced garlic
1/2 medium onion, minced
2 chili peppers, seeded and chopped (Jalapeño, Habanero, or Scotch Bonnet)
4 tablespoons brown sugar
4 teaspoons allspice
2 teaspoons ground ginger

2 teaspoons ground cinnamon
2 teaspoons ground nutmeg
1 teaspoon ground cloves
2 teaspoons black pepper
2 teaspoons salt
2 tablespoons dried thyme
4 tablespoons soy sauce
2 tablespoons oil
1 whole lime, juiced
Splash of rum, optional

INSTRUCTIONS:

1: Finely chop green onions, garlic and 2 de-seeded peppers, add to a large bowl.
2: Into the same bowl, stir in brown sugar, spices, dried thyme, soy sauce, oil, lime juice, and a splash of rum (optional).
3: Add chicken pieces turning over in sauce until fully coated in the marinade mixture. Cover bowl with plastic wrap and marinate the chicken in the refrigerator for at least 3 hours or overnight.
4: Discard any leftover marinade. Do not use for basting.
5. For grilled chicken: Place chicken on oiled grill grate over medium heat. If chicken is cooking too fast, move to an indirect heat area of the grill. Cook, turning once until internal temperature reaches 170° when thermometer is inserted near bone in the thickest part of the piece. Juices should run clear when pierced with a fork.

For oven baked chicken: Place chicken on parchment or foil-lined rimmed baking sheet and bake chicken for 45-55 minutes. Cook until internal temperature reaches 170° when thermometer is inserted near bone in the thickest part of the piece. Juices should run clear when pierced with a fork.
OHCE News & Notes

Garfield County Style Show & Share
Tuesday, April 16th, 6:30 pm
Deadline for entries is Tuesday, April 9th.

Items for the Style Show and Share may be carried if not wearing apparel. Example: table toppers, quilts, crochet or knit items, or the latest craft.

Entry forms are available at Garfield County OSU Extension Office.

OHCE Board Meeting
Monday, April 1st 9am
We will be discussing
Spring Style Show & Share and OHCE Week.

2019 GARFIELD COUNTY OHCE QUILT BLOCK CHALLENGE
Oklahoma Batik in fall colors is our fabric of choice for this year’s challenge!
Get Okie Creative!

$5 entry fee includes fat quarter of designated fabric.

Pick up your fabric at Garfield County OSU Extension Center

Patriotic Barn Quilt “Come & Go” Workshops
Thursday, May 9th (9am-7pm)

Pick your design, there will be THREE to choose from! Register and pay in advance by Friday, May 3rd. Your 2x2 foot board will be primed and the design drawn on, waiting for you! Limited to 24 participants (please let us know which day you expect to attend at time of registration). Invite a friend. Bring a sack lunch or snacks. Cost is $20 per person, payable to OSU.

Leader Lesson
Making the Most of Time with your Grandchildren
(with Wax Paper Transfer)

Wednesday, April 24th
2:00 p.m.

Garfield County OSU Extension Center

Make a Difference!
DONATE
First Friday Even—April 5th

Durable medical equipment collection from 6-8 pm on the Court House drive. Early donations can be made at CDSA.
Loaves and Fishes is collecting nutritional supplement shakes such as Ensure or Boost that same evening. Early donations can be made at Loaves and Fishes.

Lesa K. Rauh, Extension Educator
Family & Consumer Sciences/4-H

STRENGTHENING OKLAHOMA FAMILIES

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Dates to Remember

**OHCE**
- Apr 1  OHCE Board Mtg 9a
- Apr 8-9  Farm 2 You vols. TBD
- Apr 16  Spring Style Show & Share 6:30p
- Apr 24  Leader Lesson 2p
- May 1  Reality Check vols. Perry 8:30a
- May 6-12  OHCE Week

**LESA**
- April 1  OHCE Board Mtg 9a
- Micronesian Coalition 11a
- Real Colors@ Leonardo's 1p
- Tai Chi@ Golden Oaks 4p
- April 2  OSU-STW 8a-12p
- April 3  Let's Do Lunch 11a
- Farm to You setup TB
- Tai Chi@ Golden Oaks 4p
- April 9  Farm to You PV Elem. 8-4
- April 10  Speak @ CSRHC 12p
- April 11  Veg/Vegan Inscrs. STW 10a
- April 12  Creative Comp Pres. STW
- April 15  Tai Chi@ Golden Oaks 4p
- April 16  State FCS Inscrs. OKC 9a-4p
- OHCE Spring Mtg. Enid 6:30p
- April 17  OEAFCs Mtg. OKC 8:30a
- April 18  OEAFCs Mtg. OKC 7:30a
- April 22  Tai Chi@ Golden Oaks 4p
- April 23  Keys to Aging @SLNet 130p

**April 24**  Kingfisher Co. Leader
- Lesson 10a
- Garfield Co. Leader
- Lesson 2p
- April 25  Blaine Co. Leader
- Lesson 12p
- April 29  Tai Chi@ Golden Oaks 4p
- May 1  Reality Check vols. Perry
- 8:30a
- May 6-12  OHCE Week