

FOOD SAVED?

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cans will include a “for best quality use by” date stamped somewhere on the can. In a well run and busy store there should be a fairly constant turnover of canned goods, with cans on the shelf only a short time before you purchase them, according to the Canned Food Alliance.

- **Storage Tip #2:** Avoid refrigerating OPENED canned foods in their can. Food can develop an off-odor from the can, once opened.

Flour

- **White flour:** 6 to 12 months at room temperature; up to two years in your refrigerator; indefinitely in the freezer
- **Whole wheat flour:** 1 to 3 months at room temperature; about 6 months in the refrigerator; up to 12 months in the freezer.
- **Storage Tip #1:** Store in a cool, dry place. It’s important to store flour in an airtight container or freezer bag to preserve the flour’s moisture content. Exposure to low or high humidity will affect the

flour’s moisture content and may influence the outcome of a recipe.

- **Storage Tip #2:** For longer storage, flour should be stored in an airtight container or freezer bag in the refrigerator or freezer.
- **Storage Tip #3:** The Wheat Foods Council (www.wheatfoods.org) recommends allowing refrigerated or frozen flour to warm to room temperature before using.

Honey

- 12 months.
- **Storage Tip:** Honey stores best at room temperature. It tends to crystallize more rapidly, a natural process in which its liquid turns solid, in the refrigerator.

Revitalizing Crystallized

Honey: The National Honey Board (www.honey.com) recommends revitalizing crystallized honey by placing the jar in warm water and stirring the honey until the crystals dissolve.

Popcorn

Other Than Ready-to-Pop Microwave Popcorn

- 2 years.
- **Storage Tip #1:** Store in an

airtight glass or plastic container in a cool place, such as a cupboard.

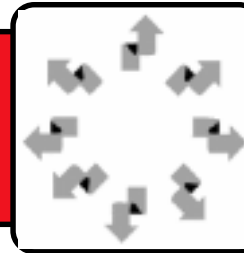
- **Storage Tip #2:** The National Popcorn Board (www.popcorn.org) recommends AGAINST storing popcorn in the refrigerator. The kernels are more likely to dry out in the refrigerator and do not pop as well. It’s the water inside a popcorn kernel that expands when the popcorn is heated, causing the kernel to explode or “pop.”

Shortening

- 3 to 8 months opened; 8 to 12 months unopened.
- **Storage Tip #1:** Store in a tightly closed container in a cool, dark place.
- **Storage Tip #2:** Shortening that has been stored too long will go rancid and develop an undesirable taste and odor. If you haven’t used a shortening for a while, smell it before using it in a recipe.

Part 2 of this article will be published in the March NEBLINE.

Miscellaneous



INSECTICIDES

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are older botanical insecticides, but no products containing these active ingredients are currently registered in Nebraska.

Inorganic insecticides:

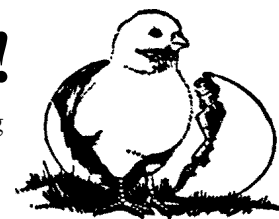
Boric acid—Products containing boric acid were widely used for cockroaches and other crawling insect pests in the 1930’s and 1940’s and it is more popular than ever. It is long lasting—especially when placed in wall voids. It works primarily as a slow-acting stomach poison. It is the active ingredient in some readily available over-the-counter bait product sold for ants and cockroaches.

Insecticidal soaps

Soap dilutions have been used to control soft-bodied plant pests like aphids, spider mites and mealy bugs since the 18th Century. Soaps disrupt the cuticle and act to “drown” exposed insects. Effective insecticidal soaps are the potassium salts of fatty acids. Products containing soaps primarily target garden and ornamental pests.

To find out what pesticides are registered in Nebraska, search the Nebraska Department of Agriculture Website at www.agr.state.ne.us/division/bpi/bpi.htm and click on the button [Pesticide Databases: Products/Applicators/Dealers].

Free Chicks!



If you are interested in receiving free baby chickens hatched in the Embryology project in Lancaster County schools, please call Ellen at 441-7180 and leave your name, phone number, number of chickens you’d be interested in taking and whether you’d like them in February (available either the 14th or 18th), March (available either the 21st or 24th) or May (available either the 16th or 19th).

You will be called the morning we have chickens available for you, and we will have them in the office ready to be picked up between 3:30 and 4:15 p.m. that day. (EK)

SLEEP

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3 Year Olds and Up

From preschool through early elementary, children need less sleep, with a range of nine to 11 hours being typical. They may or may not need a nap, but many still enjoy a period of “quiet time” after lunch. This might involve reading a book or listening to quiet music. Nightmares are common in young children, particularly at this age when they can’t easily distinguish between reality and fantasy.

Learn to know your child and make sure they are getting the sleep they need to function well at each stage of their development. (LJ)

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SATELLITE OFFICE

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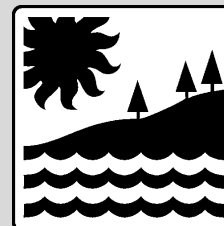
LANCASTER EVENT CENTER
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Mon, Tue, Thur, Fri 8 a.m.–4:30 p.m. by appointment

Main office at 444 Cherrycreek Road, Suite A
Phone for both offices: 441-7180

earth wellness festival needs volunteers

Volunteers are needed for **earth wellness festival** on Friday, March 21 at Southeast Community College in Lincoln. Approximately 3,000 fifth-graders participate in this annual event that involves students in creative and innovative environmental education activities.



Each year, over 250 volunteers take part in **earth wellness festival** activities—people just like you: high school students, college students/student teachers, business/industry employees, parents/grandparents, service club members and involved citizens. No experience is needed. Just a desire to help make a difference in our community.

As classroom escorts, bus greeters, presenter and registration assistants; volunteers are essential to the success of this event. You may choose to volunteer all day (8:30 a.m.-3:30 p.m.) or morning only (8:30 a.m.-noon). In return, you receive a festival t-shirt, a free lunch, an invitation to our celebration party following the event and an opportunity to participate in a rewarding volunteer experience.

Please contact David Smith at 441-7180 for more information. For your convenience, you can register with David over the phone or e-mail him at dsmith9@unl.edu. (DS)

This former Link is making connections at Nebraska.

MARLENE GRAYER, a Lincoln High alum and a sophomore pre-elementary and hearing impaired education major at the University of Nebraska–Lincoln, likes new experiences. She plays women’s rugby and is a member of the Afrikan People’s Union and the Mexican American Student Association.

She wants to make a difference in the lives of children: “I’ve always wanted to work with children because they bring such joy to my life. I want to give them the kind of help and support I get here at Nebraska. My professors really care about me and about my progress.”



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New Plat & Directories Are Out

The 2003 Farm and Home Plat & Directories are available for purchase at the Lancaster County Extension Office. They are published by Farm & Home Publishers, Ltd. from Belmond, Iowa. Price for the directory is \$21 and available for pick-up at the extension office.

