



San Joaquin Section
Institute of Food Technologists

Green Sheets Spring 2024

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If you have any questions, comments, or suggestions, please feel free to contact us at: sanjoaquinift@gmail.com



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Institute of Food Technologists

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President's Message



Hello San Joaquin IFT!

I hope everyone has had a great first quarter of 2024. SJIFT has been active within our section promoting events and presenting opportunities for the CUFS student to connect with industry professionals.

Agricultural production is an integral part of the food industry within the San Joaquin Valley. In 2023, Fresno County ranked as the top county in the United States for production and output. With gross production value exceeding \$3 billion in the San Joaquin Valley, all food companies in the area are in an advantageous position. Food companies bear immense responsibility to deliver products that are both high-quality and safe, all while remaining cost effective. We have endeavored to create a platform for students focusing on food technology and culinary arts, recognizing their pivotal role in shaping the future of the food industry as they transition into the workforce. SJIFT is committed to supporting students through our scholarships, aiming to foster excellence in food science and technology, particularly

in one of the most rapidly evolving fields globally.

SJIFT has a full line up of events scheduled for 2024. The most recent event was wine tasting at Ziveli Winery. CUFS students in attendance had an opportunity to networks with numerous industry professionals. Other events include: 3 Professional Nights, Trivia Night, Student Recognition Night, SJIFT Town Hall, Annual Table Top and Social Hour, and the 26th Annual Scholarship Golf Classic. For more details about dates and times of each event, please follow SJIFT on Instagram and Facebook.

We value your input and welcome your thoughts and recommendation on how we can encourage greater participation within the SJIFT section.

Stay Safe and Take Care!

Skylar Handy

SJIFT President 2023-2024

Brenntag Pacific General Manager

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CSU Fresno Food Science and Culinology Club Update

Hello SJIFT,

The Fresno State Food Science Club is actively looking for officer replacements for 2024-2025. Please reach out to me if you are interested in becoming an officer and continuing the Food Science Club.

As graduating officers, we are making our last semester with our members count. We have speakers at each monthly meeting and factory tours scheduled for every month. We were able to get a team together to compete in the IFT College Bowl and entered into the IFT healthy snacks competition.

We would love to see you at Vintage Days, April 19-21st! Please show your support and stop by the Food Science Club booth. We will be selling Electrolyte Refreshers and Fresh Fruit Kebabs to beat the Fresno Heat.

- *Ciara Danay Hernandez*
CSU Fresno Student
Representative

CSU Fresno Food Science and Nutrition Department Update

Hello San Joaquin IFT members,

Here is a Fresno State update! Did you know that undergraduate students can choose between two major options and a

minor in the Fresno State Food Science Program? Undergraduate students can choose between the Culinology or Food Technology options within the Food Science Program. Students from other majors can earn a minor in Food Science.

This semester, we are working on recruitment to the Food Science Program to help fulfill the increasing demand for Food Science graduates. There are two goals: attract new talented minds to the Fresno State Food Science Program and retain the outstanding students we currently have in the program. We are inviting students in high school Culinology and Food Technology classes to tour the campus and explore their interest in Food Science. We have launched an Instagram for the Fresno State Food Science Program. Follow us @FSfoodscience. By May, department polos and hats will be available for purchase online.

If you would like to support the recruitment efforts in any way, please feel free to reach out! Great ways to support retention include allowing class tours of your companies, guest speaking in classes (zoom or in-person), equipment donations, ingredient donations, company swag for students, and summer internship opportunities. Additional ideas for recruitment are welcome, so please reach out.

At Fresno State, we know we are fortunate to have incredible food industry partners. Thank you for all of your support! As May quickly approaches, students are getting ready for graduation and joining you

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all out in the industry! Cheers to our 2024 Food Science Program graduates!

Kelli Williamson, Adjunct Professor and Recruitment Coordinator

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Upcoming Events

Annual Student Recognition Night

We are delighted to invite you to the 2024 SJIFT Annual Student Recognition Night! This event supports and shows recognition to the Food Science and Culinology majors and minors at CSU Fresno.

Our presenters for the evening are none other than the CSU Fresno Food Science masters' students!

Please do not forget to bring a door prize for the raffle. The raffle ticket funds generated are donated directly to the CSU Fresno Food Science and Culinology Club.

Your attendance is crucial in showing your support for these students and their achievements. By purchasing a ticket and joining us or by sponsoring a student's dinner, you will help support the growth and development of the future generation of food scientists and culinologists.



2023 Scholarship Awardees. Left to Right: Tushar Sawant – SJIFT Scholarship Committee Chair, Wonsun You, Daniel Olmos, Kady Francone, Daniel Hildalgo and Dr. Carmen Licon-Cano.

Your support is greatly appreciated, and we thank you in advance for your contribution. Together, we can continue to make a difference!

Date: May 9, 2024

Location: Jordan Agricultural Research Center

Time: 6:30-8:30pm

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Annual Town Hall Meeting

Come out and see what's going on in our section, by joining SJIFT for this interactive, live board meeting! We would love for you to get to know the board members and see what it's like to be a section volunteer. Through this meeting you will learn how the board operates and how decisions are made for our section.

This is also your chance to voice your thoughts, be part of the decision-making process, and learn of upcoming board positions for the 2024-2025 Board Elections to take place in July 2024.

Our seating is limited, so we are limited to the first 10 non-board members who sign up. We greatly look forward to seeing you there!

Date: June 20, 2024

Location: Sequoia Brewing Co.

1188 E Champlain Dr Suite 107

Fresno, CA 93720

Time: 6:30-8:30pm

Professional's Meeting

Come join SJIFT for a fun and relaxing night of networking over some appetizers. This event is specifically designed to connect food science and technology industry professionals with students and other professionals.

Date: July 25, 2024

Location: Backyard Social Club

1542 Clovis Ave

Clovis, CA 93612

Time: 6:30-8:30pm

Trivia Night

Come test your food knowledge with SJIFT during our trivia night! The trivia questions will be based on anything food, from science to restaurants to culinary dishes. We will have prizes for our top three contestants. We look forward to seeing you all there!

Date: August 29, 2024

Location: Summer Fox Brewing

2700 Clovis Ave # 104

Clovis, CA 93612

Time: 6:30-9:30pm

Professional's Meeting

Come join SJIFT for a fun and relaxing night of networking over some appetizers. This event is specifically designed to connect food science and technology industry professionals with students and other professionals.

Date: September 19, 2024

Location: MachineHead Brewing Co.

52 W Palo Alto Ave

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Clovis, CA 93612

Time: 6:30-8:30pm

SJIFT 3rd Annual Table Top and Social Hour

Coming back to Crow and Wolf Brewery, we invite you out for our 3rd Annual Table Top and Social Hour! Come meet with your fellow food and beverage industry professionals and sign up for a tabletop space. As with last year, the tabletop space is limited and will be outside, so dress/plan accordingly.

Date: October 9, 2024

Location: Crow and Wolf Brewery Co.

526 Spruce Ave

Clovis, CA 93611

Time: 6-9pm

SJIFT 26th Annual Scholarship Golf Classic

Get ready for that fun and crazy time of the year! We are pleased to announce that our 26th Annual SJIFT Scholarship Golf Classic will be on Thursday, October 10th, 2024, at the Dragonfly Club in Madera, CA, with a 10:30 AM shotgun start. We played this course last year and had a wonderful time.

Dragonfly is a beautiful links-style course designed by internationally renowned

golf course architect, Gary Roger Baird. From the back tees, Dragonfly is the 4th longest course in California. It has a lot of beautiful water features and runs along the San Joaquin River. Dragonfly was voted as the #1 rated course in the Fresno area by the Fresno Business Journal.

Through this event, we have raised over \$200,000 in past 25 years to use towards scholarships and other financial support of students in Food Science and related majors at California State University, Fresno. This is the major fund-raiser for the SJIFT.

We thank you for your continued participation and support and we look forward to seeing you at the Dragonfly Golf Club on Thursday October 10th!

Please also ***remember to bring a door prize*** for the after-dinner festivities!

Please sign-up and/or sponsor for the tournament at: www.SJIFTGolf.com

Date: October 10, 2024

Location: Dragonfly Golf Club

43369 Ave 12

Madera, CA 93636

Time: 10:30am Shotgun Start

If you have any questions, comments, or suggestions, please feel free to contact us at: sanjoaquinift@gmail.com



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Professional's Meeting

Come join SJIFT for a fun and relaxing night of networking over some appetizers. This event is specifically designed to connect food science and technology industry professionals with students and other professionals.

Date: December 5, 2024

Location: Two Ravens Brewery

5054 N Academy Ave Suite B

Clovis, CA 93619

Time: 6:30-8:30pm

it a gorgeous day with over 140 golfers participating in the festivities. We were so pleased and fortunate to work with Dragonfly Golf Club again!

This year exceeded our expectations on participation and fundraising. We added in extra fun activities and they were a hit! We strive every year to make our tournament even better than the last!

It's through the generosity of our sponsors and golfers, that we have been able to raise money to continue to support our philanthropic programs for Food Science and Culinology students at CSU Fresno. We truly could not do this without your continued support!

- Kimberly Peretto
Immediate Past President
Golf Committee Co-Chair
Green Sheets Committee Chair

Date: October 12, 2023

Location: Dragonfly Golf Club

43369 Ave 12

Madera, CA 93636

Previous Events

SJIFT 25th Annual Scholarship Golf Classic



Rolston St. Hilaire, Dean of the Jordan College with the CSU Fresno students and alumni at the dinner portion of the event

The 25th Annual SJIFT Scholarship Golf Classic was held on Thursday, October 12, 2023 at the beautiful links-style Dragonfly Club in Madera, CA. We were blessed with beautiful 75°F weather, making

Wine Tasting at Ziveli Winery

The first official SJIFT event of Spring 2024, kicked off with an evening of celebration at Ziveli Winery, where attendees immersed themselves in the essence of Croatian winemaking. The Nale family's dedication to crafting exceptional wines from locally grown grapes infused the

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event with heritage and passion. The gathering commenced with a curated wine tasting led by John Nale, who showcased Ziveli's distinctive creations that were influenced by the Dalmatian region's flavors.

This tasting was then paired with the wonderful and amazing handcrafted wood fire pizza pies, from Brick L'Oven Pizza. This culinary delight was founded by Caleb Nale and his wife Jasmine. The food and wine were a hit with students and professionals alike.



Attending CSU Fresno students with alumni and food science graduate Jasmine Nale and Ziveli Winery owner/founder John Nale.

The event drew a diverse crowd, with 24 attendees in total. Among them were 9 enthusiastic Food Science students and 15 seasoned industry professionals, all coming together to appreciate the synergy of wine and culinary craftsmanship in the beautiful setting of the Ziveli Winery tasting room.

Throughout the evening, engaging conversations and networking opportunities arose, particularly benefiting the students, who connected with industry professionals, gaining valuable insights and forging meaningful connections in the food and beverage sector.

The evening went well until after 9pm and laughter filled the air, creating a memorable evening of camaraderie, gastronomic delights, and professional development.

*- Kady Francone
Member At Large*

Date: Friday April 12, 2024

Location: Ziveli Winery

5840 N Biola Ave

Fresno, CA 93723

Get to Know Your Board Members

President: Skylar Handy

1. What is your earliest memory of a home cooked meal?
2. What is a "healthy" food you enjoy and an "unhealthy" food you find hard to resist?

President-Elect: Teagan Kroll

1. What is your earliest memory of a home cooked meal?

We grew up in a house where both my parents cooked. Mom was a wizard in the kitchen. My dad was the king on the grill. Or, at least he thought he was. 😊

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2. What is a "healthy" food you enjoy and an "unhealthy" food you find hard to resist?

A healthy food I enjoy would have to be a good surf and turf. And an unhealthy food hard to resist would most definitely be Chinese food!

**Immediate Past President:
Kimberly Peretto**

1. What is your earliest memory of a home cooked meal?

My earliest memory of a home cooked meal is not a positive experience. It is of a very bland and mushy bean burrito (no cheese, just bland, overcooked beans) that my siblings and I were 'forced' to eat. I, luckily, got out of eating the rest of my burrito because our dog, Jake, stole it off my plate while I was in the restroom.

2. What is a "healthy" food you enjoy and an "unhealthy" food you find hard to resist?

A "healthy" food that I greatly enjoy is brussel sprouts; however, they need to be roasted. And an "unhealthy" food that I find very difficult to resist is, hands down, CHOCOLATE, especially when paired with peanut butter.

Secretary: Rachel Handy

1. What is your earliest memory of a home cooked meal?

My earliest memory of a home cooked meal is when my mom would make homemade chicken noodle soup. The thick noodles and huge chunks of chicken. She would always make it around the fall season, and nothing brings more of a nostalgic feeling than that smell through the house.

2. What is a "healthy" food you enjoy and an "unhealthy" food you find hard to resist?

Healthy food I enjoy is pan-seared salmon; Unhealthy food I cannot resist is a greasy cheeseburger with a side of french fries.

Treasurer: Amber Hall

1. What is your earliest memory of a home cooked meal?

When I was four years old, I remember my first home cooked meal by my grandmother. It wasn't from scratch, but she cooked it just as good and delicious to my four-year-old self. I remember the smell of the spam frying in the pan and



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boiling of noodles. Then an aroma of cheese. Next, I remembering sitting down next to my grandma with a plate of fried spam and cheesy mac and cheese on a TV tray. On the side a fresh salad of minors lettuce that grew wild at the house with some cucumbers and cherry tomatoes. The meal wasn't lavish but it was the memory that counted. My grandmother called me the Dairy Queen as she knew I loved everything dairy especial CHEESE. This is definitely a memory I will forever hold on to and cherish.

2. What is a "healthy" food you enjoy and an "unhealthy" food you find hard to resist?

My absolute favorite healthy food is sushi! I can eat this every day. I don't need the rice. All I need is some lemon slices and ponzu sauce but I do like a good Philly Roll. The umami flavor of seaweed is the pleasant flavor I enjoy. My unhealthy food is the Big Cup Reese's with the Reese's Pieces inside. I can't resist these if they are in my sight!

Member-At-Large: Daniel Olmos

1. What is your earliest memory of a home cooked meal?

I was just a young buck, around 6 years old. This was during one of my

favorite times of the year, Christmas season. Only a few days before I was able to open all of my presents, my Grandma and Grandpa would gather around the kitchen table in this production line of "Tamale building." I was not sure what they were doing and what was to come of all their hard work. But me oh my, that first bite into their home cooked tamale was revolutionary and opened up my taste buds to an incredible experience of joy, excitement, and wonder. From then on, my grandparent's tamales abruptly took over as my favorite food of all time until they retired from their lifelong service.

2. What is a "healthy" food you enjoy and an "unhealthy" food you find hard to resist?

For the boring "healthy" food enjoyment, a miso-based marinade for Salmon that is delicately grilled over a charcoal flame can never disappoint my temple when need of a nutritious meal. One very fun but sadly "unhealthy" food that I find hard to resist is a deep-dish Chicago pizza. In other words, when traveling to Chicago, it is a MUST that I find it, especially from Lou Malnati's.



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Member-At-Large: Erin Evers

1. What is your earliest memory of a home cooked meal?

As a child, my "job" in the kitchen was to make rice for my family every night. We ate rice most nights with a protein and a vegetable also!

2. What is a "healthy" food you enjoy and an "unhealthy" food you find hard to resist?

I like baked goods and especially trying new trends such as croffles and cruffins. I do like fresh fruit in season and have been fully enjoying citrus season this year!

Member-At-Large: Kady Francone

1. What is your earliest memory of a home cooked meal?

My earliest memory of a home cooked meal is probably around the age of 4 or 5 and eating fresh caught trout that my dad had caught and my mom had breaded and fried up and served with steamed broccoli and yellow sauce. I don't know why that's the one that comes to mind but it's the one that does.

2. What is a "healthy" food you enjoy and an "unhealthy" food you find hard to resist?

I really enjoy brussel sprouts, I could eat those anytime and I don't think I could ever get bored of them. My guilty and unhealthy food that I find hard to resist is chips. I love salty foods with a good crunch.

CSU Fresno Student Representative: Ciara Danay Hernandez

1. What is your earliest memory of a home cooked meal?

My earliest memory of a home cooked meal is cooking with my mom. I am of Mexican heritage and I remember having so much fun making mole from scratch, toasting all the ingredients, watching the chocolate melt down, smelling all the spices and yummy aromas in the air.

2. What is a "healthy" food you enjoy and an "unhealthy" food you find hard to resist?

A healthy food I enjoy is hummus, you can add any flavor additions into hummus and it mixes together well. It is also the perfect dip for meats and veggies. an unhealthy food I find hard to resist is fried chicharron carnudo, it's a big pork rind essentially that still has the meat attached, eaten with a spicy papaya

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salad and avocado is the perfect pairing.

News in the Food and Beverage Industry

Debate surrounding state food additive bans heats up

Food industry executives argue the proposals lack scientific standing and could wreak havoc on the industry, while opponents link consumption of the food substances to serious health problems.



In October of last year, California became the first state to prohibit the use of four food additives — brominated vegetable oil (BVO), potassium bromate, propylparaben, and red dye 3 — and since then, other states have followed suit. The law, Assembly Bill 418, takes effect in 2027.

Missouri and Washington were the latest to join the list, which also includes New York and Illinois. If passed, both bills will take effect on January 1, 2027, and would end the sale, delivery, distribution, holding, or offering for sale foods containing any of the four additives in each state. Red dye no. 3 has been prohibited for

almost all food uses in the European Union since the early 1990's. It's also banned in Japan, China, the UK, Australia, and New Zealand.

In 1990, the FDA banned red dye No. 3 use in cosmetics and externally applied drugs, but the agency still allows for the additive in foods. On its website, the FDA says: “The way that Red No. 3 causes cancer in animals, specifically rats, does not occur in humans so these animal results have limited relevance to humans. Because these studies did not raise safety concerns, the FDA did not take action to revoke the authorization of Red No. 3 in food.”

California introduced another bill that bans seven more additives in the form of food colorants from being served in public schools.

Although these laws cite health issues like cancer, reproductive issues, and childhood behavioral and developmental problems as reasons for wanting to prohibit food additives, some food industry groups question the scientific backing.

The rest of the article can be found at: <https://www.fooddive.com/news/pathwork-laws-state-food-additive-bans-could-decay-consumer-confidence/712309/>

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PepsiCo Is Recalling This Popular Zero Sugar Drink Because It's Actually Full of Sugar

PepsiCo Inc. is voluntarily recalling one of its popular sugar-free drinks because, as it turns out, it's chock-full of sugar.



According to an FDA announcement, the company is recalling more than 230 cases of sugar- and caffeine-free Schweppes Ginger Ale, as the product was inadvertently made with full sugar, thus making it unsafe for some people to drink. As the announcement noted, the cases were found to contain full sugar after an international investigation discovered the error.

The recall, which was initiated in early March, includes products shipped to retailers in Maryland, Pennsylvania, and West Virginia and affected nearly 5,600 cans. If you believe you've purchased one of the cases, look for the following sell-by-date and universal product code on the packaging: May 2024 MAY 2024 0520VS02164 and MAY 2024 0550VS02164

The rest of the article can be found at: <https://www.foodandwine.com/pepsico-recalls-zero-sugar-schweppes-ginger-ale-8634066>

France's favorite cheese is facing an 'extinction' crisis. Not everyone is worried



When Napoleon first encountered a Camembert cheese, legend has it, he was so delighted he kissed the waitress who plonked it in front of him. Setting aside the inappropriateness of this gesture, the French emperor clearly recognized a winner.

Produced in France's northwestern region of Normandy in various forms since at least the 18th century, the cheese - creamy, pungent and gooey - is now regarded as France's favorite.

Which is why recent headlines about Camembert's imminent death due to a fungal crisis have caused panic among fans of this historic fromage. Scientists, it seems, have warned that problems with French cheese's industrial production may have long-term consequences for its future.

If you have any questions, comments, or suggestions, please feel free to contact us at: sanjoaquinift@gmail.com

Alarm was raised in January when a recent study by scientists at Paris-Saclay University identified that the main fungus used in creating Camembert and other cheeses was increasingly in short supply due to the industrial production methods used to keep up with demand.

And while that might spell trouble for a variety of dairy offerings, some have taken this to mean that poor Camembert – which is handily sold in its own wooden box – is headed for the grave.

The rest of the article can be found at: <https://www.cnn.com/travel/camembert-extinction-crisis-scn/index.html>

Kerry cuts sodium with Tastesense Salt

The breakthrough allows formulators to use 60% less sodium in snacking products like chips, according to the company.

Kerry’s efforts to create a scaleable sodium-free salt comes as food formulators and CPGs are looking for ways to make their products both satisfying and nutritionally better. Many fear that if salt is reduced, consumers will be more hesitant to purchase snacks like chips and pretzels.

The Irish company pointed to a 2021 World Health Organization report which suggested formulators should aim to lower the sodium content of its products by 40% in order to improve nutritional profile.



“We are lowering sodium far beyond what anyone thought possible with our innovative Tastesense™ Salt solutions while maintaining delicious flavor,” Hugo Leclercq, Kerry’s global portfolio director for sodium reduction said in a statement. “With these market-leading solutions, we hope to empower customers with the knowledge and capabilities to meet consumer demands for reduced sodium across the snacking category.”

The rest of the article can be found at: <https://www.fooddive.com/news/kerrys-tastesense-replicates-salt-without-all-the-sodium/712961/>

Heinz Teamed Up With Mattel to Bring Us the Mashup We Didn’t Know We Needed: ‘Barbiecue’ Sauce

Hey, Barbie! Want some barbecue?

As a salute to Barbie’s 65th anniversary, Mattel and Heinz UK announced the kind of unconventional collaboration that just made our heads turn: Heinz Classic Barbiecue Sauce. And no,

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that’s not a typo; we really did mean to say Barbicue.

The special sauce of sorts, which is a mix of vegan mayonnaise and barbecue sauce, is the condiment mashup that none of us knew we needed — but apparently asked for. And yes, it’s Barbie pink, lest anyone not realize that the sauce you’re dipping your fries into isn’t Barbie-themed.



The rest of the article can be found at: <https://www.foodandwine.com/heinz-mattel-collaboration-classic-barbecue-sauce-8631203>

FDA shifts approach to investigation into lead poisoning outbreak traced to applesauce



Part of a federal investigation into lead in certain cinnamon applesauce products has been shifted to a follow-up status.

The new approach by the Food and Drug Administration is designed to provide post-incident response action. The agency will continue surveillance activities as well as prevention and compliance activities, according to an update posted by the FDA on April 16.

The Centers for Disease Control and Prevention is continuing to monitor the outbreak of lead poisoning and most recently reported 519 children impacted in the outbreak. The outbreak stretches across 44 states. The FDA has collected 90 “adverse incident” reports in the outbreak. The two agencies use different reporting methods, so their numbers may overlap somewhat and should not be added together. The CDC continues to add patients to its count.

The rest of the article can be found at: <https://www.foodsafetynews.com/2024/04/fda-shifts-approach-to-investigation-into-lead-poisoning-outbreak-traced-to-applesauce/>

Decaf Coffee Could Potentially Be Unsafe for Human Consumption

Health advocacy groups are petitioning the FDA to ban methylene chloride, a chemical compound used in the decaffeination process. Here's what you need to know.

If you have any questions, comments, or suggestions, please feel free to contact us at: sanjoaquinift@gmail.com



Skipping out on caffeine? Well, your coffee may be served with a side of chemicals.

Decaffeinated coffee beans are standard coffee beans with the caffeine stimulant removed, and the way that chemical is removed, well, can be controversial. The chemicals used in the process have been linked to several health risks, which can be worrisome for the 26 million Americans who drink decaffeinated coffee each day. Recent discussions of banning methylene chloride, a likely carcinogen often used in the decaffeination process, have confused and concerned decaf drinkers.

The National Coffee Association, a trade association for the coffee industry dating back to 1911, isn't here for any proposed bans. The pro-joe group released a statement pushing coffee consumption of any type, including decaf, thanks to its longevity benefits and other healthy associations.

The rest of the article can be found at: <https://www.foodandwine.com/is-decaf-coffee-safe-8630816>

States enact dairy cattle travel restrictions over bird flu concerns

Key trading partners are monitoring the situation closely, with Mexico taking steps to reinforce surveillance and inspection of livestock from the U.S.



Several states have restricted cattle imports as concerns mount over the increasing spread of bird flu in dairy cows.

Maryland on Wednesday became one of at least 18 states to limit interstate movement of dairy cattle as the virus moves beyond the Southwest and affects herds in multiple states.

“Maryland is home to a robust dairy and cattle genetics industry,” Kevin Atticks, the state’s agriculture secretary, said in a statement. “This order acts as another layer of protection for our Maryland farmers and ag industry partners.”

The U.S. Department of Agriculture has yet to issue federal quarantine orders, and the agency’s Animal and Plant Health Inspection Service is not recommending that states hold cattle shipments.

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The rest of the article can be found at:
<https://www.fooddive.com/news/states-enact-dairy-cattle-travel-restrictions-over-bird-flu-concerns/713094/>

Here's Exactly How Many Bubbles Are in a Glass of Champagne



A fun fact for the ages.

Have you ever sipped a glass of Champagne and thought to yourself, “man, I’d really enjoy this more if I knew exactly

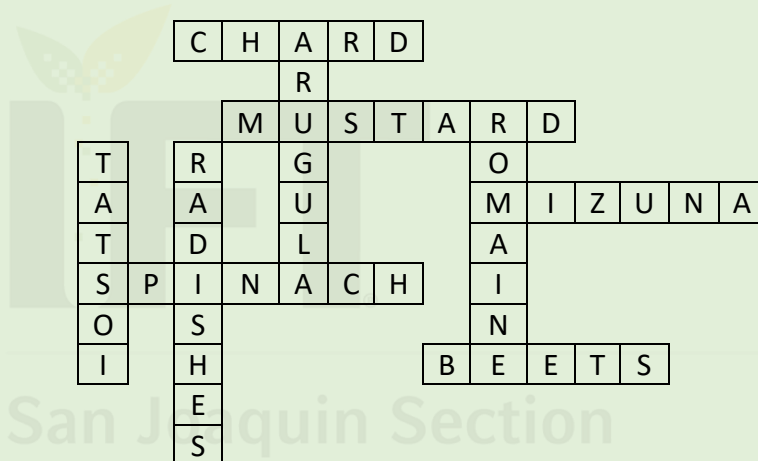
how many bubbles were in this bottle.” No? Well, I bet after reading that sentence you’ll wonder about it next time. Luckily, I won’t leave you hanging. Or, more specifically, scientists won’t leave you hanging, because they know precisely how many bubbles are in a bottle of Champagne.

In 2014, researcher Gérard Liger-Belair published his research aptly titled, “How Many Bubbles in Your Glass of Bubbly?” in *The Journal of Physical Chemistry B*. And, according to the findings, there are far fewer bubbles in a glass of Champagne than scientists previously thought.

You see, up until this research, there had been a common misconception that a glass of Champagne likely had about 15 million bubbles in it. But, according to Liger-Belair, there are far, far fewer, putting the number at closer to 1 million.

The rest of the article can be found at:
<https://www.foodandwine.com/champagne-bubbles-8628523>

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SJIFT Crossword Puzzle #4 – Winter Greens: Answers

Down:

2. Leafy green known for its fresh, tart, bitter, and peppery flavor – ***Arugula***
4. One of the few exceptions to growing a lettuce in cold weather, this common leafy green is cold-tolerate – ***Romaine***
5. An Asian green that grows in pretty rosettes low to the ground, the leaves have a gentle spiciness that's great for salads or stir frying – ***Tatsoi***
6. Like beets, these are typically grown for the edible roots, but the leaves also pack a lot of nutrition and flavor – ***Radishes***

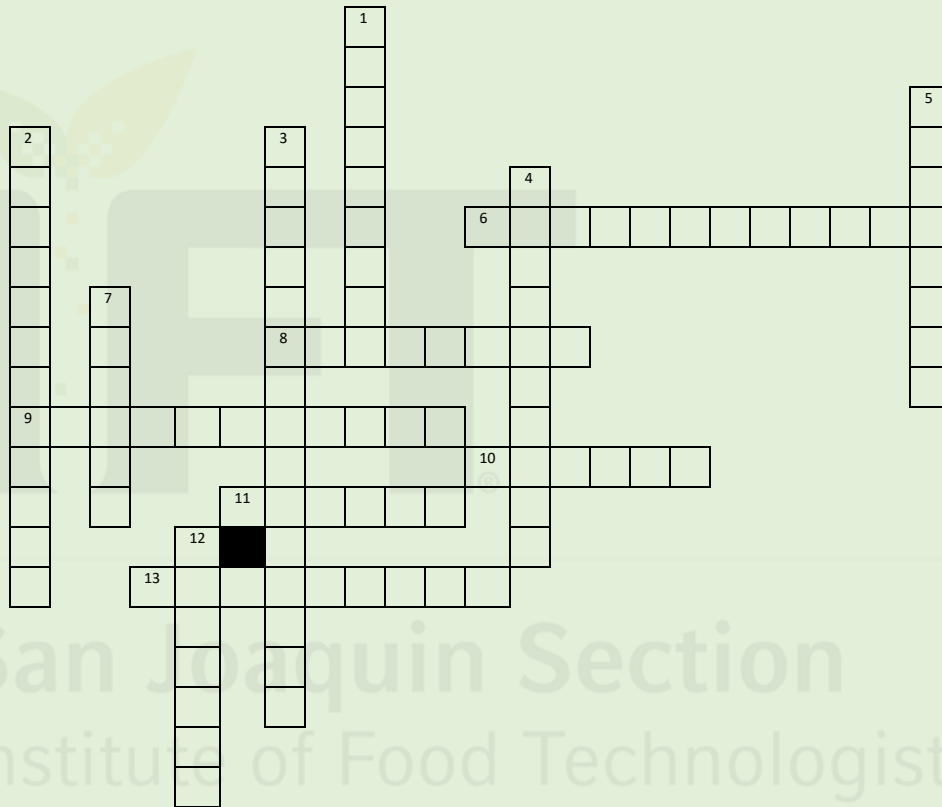
Across:

1. The leaves have a fairly mild flavor compared with other, spicier winter greens, and the stems taste a bit like beets – ***Chard***
7. An Asian green that tastes a bit like arugula and has frilly leaves like frisee lettuce and can be eaten fresh in salads or sauteed in other dishes – ***Mizuna***
8. A well-known salad green that's simple to grow and eaten by Popeye – ***Spinach***
9. Normally grown for the roots, the tender young greens of this plant are tasty too – ***Beets***

If you have any questions, comments, or suggestions, please feel free to contact us at: sanjoaquinift@gmail.com

Green Sheets Spring 2024

SJIFT Crossword Puzzle #5 – Cocktails



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SJIFT Crossword Puzzle #5 – Cocktails

Down:

1. A cocktail made by mixing Scotch whisky with Drambuie in a 1:1 to 2:1 ratio and is most commonly served on the rocks in an old-fashioned glass.
2. A cocktail made by muddling sugar with bitters and water, adding whiskey or sometimes brandy, and garnishing with an orange slice or zest and a cocktail cherry.
3. A cold caffeinated alcoholic drink made with espresso, coffee liqueur, and vodka.
4. First memorialized in writing in 1876 by Jerry Thomas, "the father of American mixology," this cocktail is made from gin, lemon juice, sugar, and carbonated water.
5. A cocktail dating back to World War I, made from gin, champagne, lemon juice, and sugar.
7. A traditional Cuban punch, this cocktail often consists of five ingredients: white rum, sugar, lime juice, soda water, and mint.
12. A cocktail traditionally made with cognac, orange liqueur, plus lemon juice.

Across:

6. A cocktail made with vodka, Cointreau, cranberry juice, and freshly squeezed or sweetened lime juice.
8. Believed to date back to the 1920s, this cocktail of gin and grapefruit juice is served in a highball glass with a salted rim. The salt is the only difference between a it and a greyhound.
9. A caffeinated alcoholic drink consisting of Irish whiskey, hot coffee and sugar, which has been stirred and topped with cream.
10. A 1928 description of the drink was: gin, and a spot of lime. This cocktail is made of gin and lime cordial.
11. One of the characteristic cocktails in Tiki culture, this drink is made of rum, Curaçao liqueur, orgeat syrup, and lime juice.
13. A bourbon-based cocktail associated with the American South that consists primarily of bourbon, sugar, water, crushed or shaved ice, and fresh mint.