



Walk Kansas

a fitness challenge

K-State Research and Extension

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In This Issue

- Biking in Tandem
- Stock up for Summer
- Grill Ground Beef or Ground Turkey?
- Is it Done Yet?
- Recipe: Best Cherry Burger

Calendar

Coming Next Week

- Walk Kansas Reflections
- Add Vigorous Activity
- Walk Kansas 2012
- Drink More Water
- Enjoy Local Foods
- Recipe: Farmers Market Quesadilla

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Biking in Tandem

Who is the couple often seen wearing highly visible green jackets and biking in tandem on the roads in and near Barton County? It's Donna and John Krug. Donna, Barton County family and consumer sciences agent with K-State Research and Extension, and her husband, John, a chiropractor, purchased their first tandem bicycle 11 years ago. After logging 13,000 miles, the Great Bend couple realized how much they enjoyed the shared hobby and how much better they felt after a ride.

After another tandem bike purchase in 2004, the Krugs took to the road, exploring all of Barton and adjoining counties. John plans the trips so they ride into the wind and can enjoy a tailwind on the way home. Both agree that nothing compares to the sound of birds and the beautiful Kansas scenery while riding.

In 2010 a dream of Donna's was fulfilled when they completed Biking Across Kansas, a nearly 500-mile route that went from the Colorado border to Leavenworth.

(Donna and John are pictured at right.) This experience offered some challenges, with triple-digit heat and a wild thunderstorm that

continued on page 2



Biking in Tandem

continued from page 1

prompted 50 cyclists to take cover in a farmer's shed near Hill City. In spite of crosswinds or headwinds, more than 800 riders — ages 7 to 88 — kept going.

"The Walk Kansas program comes at a perfect time each year to help us get in shape for summer rides," Donna says.

Biking Across Kansas events began in 1975. This year, the eight-day cycling adventure begins west of Tribune on June 4 and continues to LaCygne. More information about Biking Across Kansas, as well as hiking and biking trails in the state, can be found on the Walk Kansas website,

<http://www.walkkansas.org/p.aspx?tabid=74>

Grill Ground Beef or Ground Turkey?

Are you wondering which package of ground beef or hamburger to buy? What about ground turkey?

Ground beef is a staple in many households because it is a good source of protein, can be used many ways, and is less expensive than other meats. Dietary guidelines recommend lean cuts of meat, including ground meat. When it comes to making the best choice, you need to read the label.

Meat labeled as hamburger can have fat added. Ground beef only contains the fat that is there naturally. The maximum fat allowed in ground beef is 30 percent, which would make it 70 percent lean and not the best choice: a 4-ounce portion would contain 34

continued on page 3



Instant Read Thermometers:
Digital Dial

Is it Done Yet?

Americans choose to grill hamburgers more often than any other food. To make sure the burgers you serve are delicious and safe to eat, use a food thermometer to determine when they are done.

A hamburger is done when it reaches an internal temperature of 160° F. You are taking a risk if you rely on color and texture, rather than a food thermometer, to determine doneness. Research by United States Department of Agriculture (USDA) has shown that 1 out of every 4 hamburgers turns brown before reaching a safe internal temperature.

Use an instant-read thermometer toward the end of cooking time, but before food is expected to be

continued on page 3

Stock up for Summer

A few basic supplies can make summer activities safe and more enjoyable.

Sunscreen/Sunblock.

Don't rely on the half-used tube from last summer. While these products are required to maintain strength for three years, there is no consensus about how long they remain effective after the bottle or tube has been open. Be safe and buy new sunscreen/sunblock every year. Choose one with an SPF around 30, and make sure it will protect against UVA and UVB rays. Apply at least 15 minutes before you will

be in the sun and use liberally.

Insect Repellent. By using insect repellent, you reduce your exposure to bites from mosquitos that may carry West Nile virus or other diseases. A general recommendation is to choose a repellent that contains more than 20 percent DEET, the active ingredient in many insect repellent products. Follow manufacturer's directions for using insect repellent and keep in mind that most DEET-enhanced products have a shelf life of two years.

Poison Ivy Action Kit.

Contact with poison ivy can initiate an intense itchy rash. If you are exposed to poison ivy, reacting quickly (within 10 minutes) is key, and an action kit can be helpful. Include rubbing alcohol, cotton squares, a large bottle of water, and soap. First cleanse the area with rubbing alcohol, then wash with water only. Follow by taking a shower with soap and warm water. Topical steroid cream and oral antihistamines can help reduce symptoms. Check expiration dates if saved from last summer.

Grill Ground Beef or Ground Turkey?

continued from page 2

grams of fat. Go for lean or extra lean (90 percent lean and higher). Four ounces of lean ground beef contains about 11 grams of fat, and extra lean around 6 grams fat.

Ground poultry can have muscle meat and skin with attached fat in natural proportions. A package labeled ground turkey meat or ground chicken meat contains just that, with no skin included. You can find ground turkey meat that is 99 percent lean, but will likely pay more than you would for extra lean ground beef. For more information about cooking ground poultry, visit http://www.fsis.usda.gov/Fact_Sheets/Ground_Poultry_and_Food_Safety/index.asp.

To decrease fat in ground meat, choose a cooking method where fat drips away from the meat while cooking, such as broiling or grilling. When pan-frying, decrease fat by placing cooked beef on several paper towels to absorb fat. Rinse ground beef crumbles with hot water. Choose lean ground beef for recipes where raw meat is added with other ingredients before cooking.

Is it Done Yet?

continued from page 2

“done.” Insert the stem into the thickest part of the food and check the temperature in several places.

Know how to use your thermometer properly. A digital instant-read can measure thin and thick foods because the “sensor” is in the tip of the stem. Insert stem ½ inch in thickest part of food. A dial instant-read should be inserted 2 to 2½ inches deep in the thickest part of the food. To find the “sensor,” look for a small dimple approximately 2 inches up the stem.

The Best Cherry Burger

Makes 5 servings

1	pound lean ground beef	2	teaspoons Dijon mustard
½	small onion, chopped fine	1	teaspoon Worcestershire sauce
½	cup dried cherries	¼	teaspoon pepper
½	cup oatmeal	2	tablespoons chopped fresh basil (optional)
1	clove garlic	5	whole-grain hamburger buns
1	tablespoon balsamic vinegar		

Mixing dried cherries into ground beef helps reduce the fat per burger and increases antioxidants. This recipe has more flavor than a basic burger so enjoy with lettuce, tomato, and limited condiments. Served with roasted regular and sweet potatoes.

Directions:

- 1) Preheat grill to medium.
- 2) Place beef in a large bowl and combine with onion, cherries, oatmeal, garlic, vinegar, mustard, Worcestershire sauce, pepper, and basil (if desired).
- 3) Divide into five equal portions and form into patties.
- 4) Spray patties lightly with cooking spray, then place on grill. After 5 minutes, flip patties and cook approximately 5 more minutes. Test internal temperature of patties with a food thermometer. Cook ground beef to 160° F.

Note: You can substitute ground turkey for lean ground beef and cook to 165° F.

Nutrition information for one burger with bun: Calories — 330; fat — 7g; carbohydrate — 40g; fiber — 3g; protein — 25g; sodium — 300.

