



# SLOW FOOD

## Some edibles stay edible for longer than others

Did you know popcorn kernels last forever?

But they will dry out and then they won't pop.

Popped kernels last a while, but will go stale.

Microwave popcorn will go rancid when out of date.



HAVE you ever raced to the fridge or the pantry for your favourite snack, only to find it has spoiled?

It is estimated that about one-third of all food produced for humans to eat is lost each year due to bacteria or some sort of fungi, such as mould and yeast.

The signs that food has spoiled can be obvious, by the way it looks, smells or tastes.

A fuzzy or slimy mould is a give away, and if you have ever taken a sip or a sniff of sour milk you will know it is not a pleasant experience (if you ever spill a milkshake in the car we would advise

against keeping it a secret, because it won't be a secret for long).

There are ways of avoiding food waste, the most obvious being to not purchase more food than you need, and to make use of the food you do bring home before it spoils by prioritising what you eat first.

Some foods naturally have a longer 'shelf life' than others.

Shelf life means the time foods can be stored at room temperature or slightly cooler.

Foods that spoil quickly usually have a high level of oil or moisture content.

Some of the foods we need to eat the most to remain healthy, such as fresh fruit and vegetables, don't tend to last very long.

For example, Tasmania is a great place to grow berries, but they need to be eaten within a day or two of being picked if they are left out of the refrigerator.

There are of course many methods of preserving food.

Apart from keeping food cold in the refrigerator, there is

freezing, drying, canning and curing (pickling, brining or smoking).

There are also foods that remain perfectly edible for a long time, and some that never spoil.

Potatoes, onions and varieties of pumpkin last quite a while, compared to other fresh foods, if stored appropriately.

Items like powdered milk and peanut butter have quite long shelf lives.

Canned fruits and vegetables can last for a couple of years.

While dehydrated fruit and veggies can last for 20-30 years, if stored in perfect conditions.

As can dried pasta, and white rice (brown rice is better for you, but does not last as long, because it has a higher oil content).

Soft grains such as barley, quinoa and rye, and some hard grains can also last for many years if stored correctly.

While unground flour can last up to 25 years.

Canned tuna, and dried and canned beans can last for several years.

Dried meat, such as jerky, can last for two years, providing it has a low fat content, while freeze-dried meat has a shelf life of to 15 years.

Dark chocolate can also last for up to five years, unlike milk chocolate, which obviously contains dairy products.

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Picture: iStock/ Ljupco/ Tatiana Atamaniuk



# Slow food challenge

## From Page 1

Then there are foods that can just last forever.

Not surprisingly, one of these food types involves bees, and the importance of these little creatures will be a subject for a future edition of *The Wonder Weekly*.

Raw honey will crystallise after a certain period, but if you warm the jar in a bath of water it will return to its original runny state.

Sugar, and other sweet treats such as hard lollies and jelly mix, will last indefinitely.

Salt can also be left on the shelf for as long as you like.

There have been some famous examples of 'indestructible' food that has been lost or left behind by people and found many years later, often by archaeologists.

A 100-year-old fruit cake was discovered Antarctica's oldest building, a hut on Cape Adare.

It is believed the cake was left behind by British explorer Robert Falcon Scott and his fellow expeditioners during the 1910-13 Terra Nova expedition.

Perhaps you have visited the Queen Victoria Museum and Art Gallery (QVMAG) in Launceston, and seen the *Sydney Cove Collection*.

The *Sydney Cove* was a merchant ship which wrecked in February 1797, off what would become known as Preservation Island in Bass Strait.

The wreck, which was excavated almost 200 years later, contained many food items, including tea, rice and bottles of beer.

The icy cold waters of Bass Strait had allowed yeast in these sealed bottles to survive far longer than any known yeast.

QVMAG partnered with brewers to

produce a new variety of beer from the 220-year-old yeast.

You can find out more about the *Sydney Cove Collection* here: [www.qvmag.tas.gov.au/Exhibitions/Permanent-galleries/The-Sydney-Cove-Collection](http://www.qvmag.tas.gov.au/Exhibitions/Permanent-galleries/The-Sydney-Cove-Collection)

Perhaps you might like to turn your hand to preserving food through pickling.

You can pickle most vegetables, but carrots are an easy one.

**You will still need the assistance of an adult family member though.**

There are any number of recipes online, but here is one we found: [minimalistbaker.com/quick-pickled-carrots/](http://minimalistbaker.com/quick-pickled-carrots/)

Another fun challenge would be to create a list of long-life foods you would choose to store away for a rainy day.

The food has to last for two years, and feed you for a week.

Think about what you would need for a healthy, balanced diet (two weeks of eating chocolate is not a good idea).

You might like to create menus for breakfast, lunch and dinner each day, and a few snacks of course.

Children's University Tasmania members can earn stamps in their passports for this challenge, at the discretion of their school coordinator.

## Turn scrap paper into treasure

WE use a lot of paper, which affects our environment, and some of it ends up in waste.

This week's edition of *UCTV Alive for Kids*, Handmade Paper Crafts, will be presented by Maree Bakker from the Environment Protection Authority Tasmania.

Maree will show us how to make handmade paper, as well as gift bags from used paper.

All you will need is some old calendars or magazines that nobody wants anymore.

*UCTV Alive for Kids* is the Peter



Underwood Centre's own online show, broadcast live via Zoom.

This week's episode will go to air on Wednesday, July 28, from 9:15am to 10am (replays are available on the Peter Underwood Centre website).

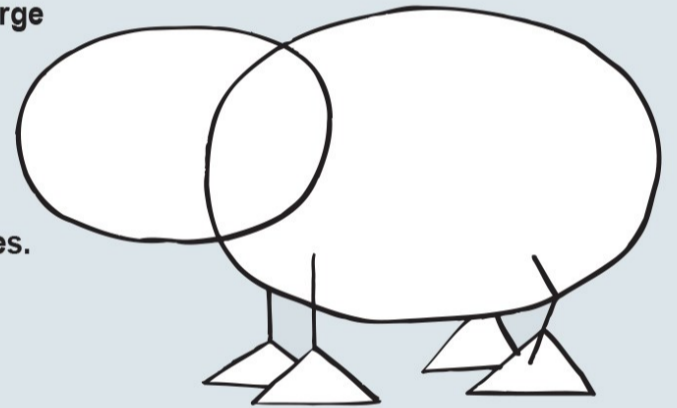
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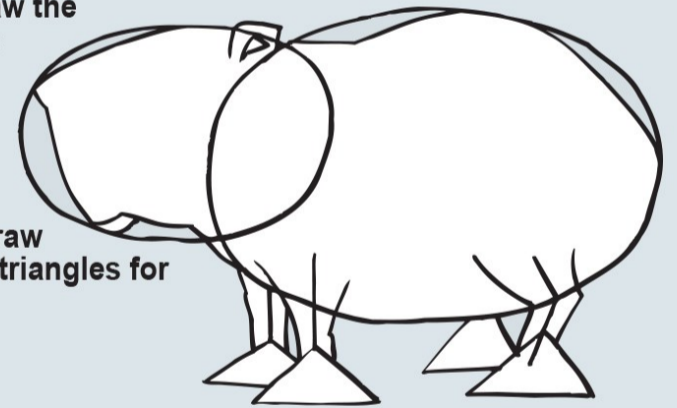
Picture: iStock/ Pierell

## How to draw a CAPYBARA

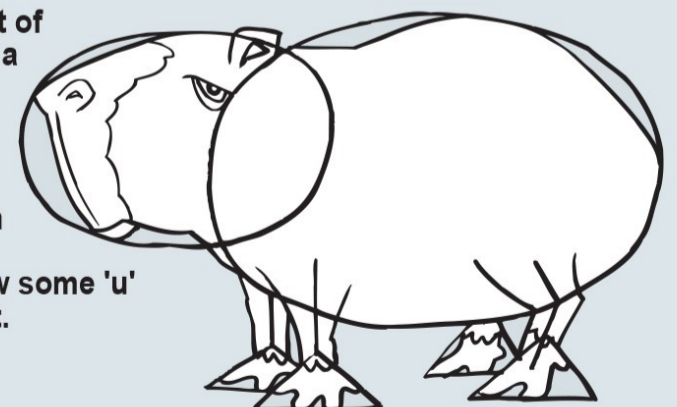
Using a pencil draw a large oval for the capybara's body and a smaller one for his head. Add four triangles for his feet and some lines to show where his legs will be. These will be your guides.



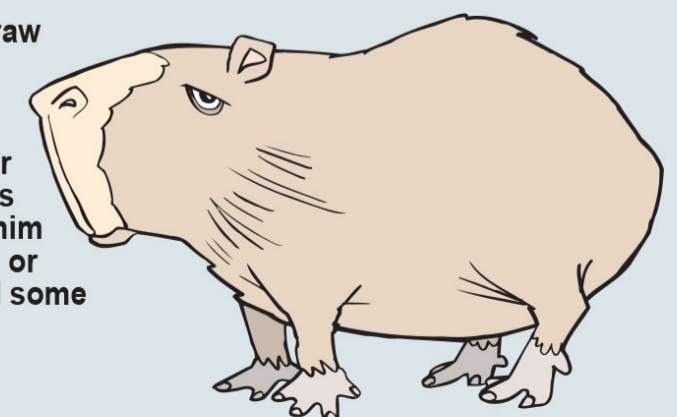
Inside the large oval draw the shape of the capybara's body and inside the smaller oval the shape of his head. Add a line for his mouth and give him an ear. From the base of the large oval draw some lines down to the triangles for his legs.



Add a nostril at the front of the head and then draw a wavy line from the top of his head to his mouth to give him a muzzle. Next draw an eye and add a line down the front of his muzzle. Inside the triangles draw some 'u' shaped lines for his feet.



At the end of his toes draw some toenails. In the space where the circles for the head and body cross add some lines for hair. Rub out all the lines you don't want and ink him in with a fine tipped pen or texta. To finish, just add some colour.



Artwork: [www.johnpollfarmer.com.au/](http://www.johnpollfarmer.com.au/)