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## Why won't my washer go into the rinse cycle

Recently, my daughter, who is gluten-intolerant and largely vegan, produced a delicious minestrone for dinner. She replaced the pasta with quinoa and added chickpeas along with the classic kidney beans to the recipe, making it even heartier. It was so tasty, we both consumed two bowls. Later that evening, I became violently ill, the way I do when I inadvertently eat eggs, to which I am allergic. But I hadn't eaten eggs. Meanwhile, my daughter also felt unwell, but to a slightly lesser extent. What caused our similar reactions that differed in intensity? Simply put: It was the quinoa. She didn't know that you should always rinse or soak it beforehand. Classified botanically as a pseudocereal that's related to both amaranth and spinach, quinoa comes from the Andean regions of Peru and Bolivia. Its use is ancient: It first fed cattle as long as 7,000 years ago before humans also started to consume it about 4,000 years ago. Technically, it is not a grain but a seed. Therein lies the problem. As seeds, quinoa is naturally susceptible to being eaten in the wild, which would reduce its ability to reproduce. So the plant creates at least 40 natural phyto-compounds called saponins that taste "soapy" or bitter upon consumption, prompting predators—birds, insects, and animals—to leave it alone. quinoa in a spoon on a dark background According to Monica Auslander Moreno, MS, RD, "People can [also] be intolerant to the outer coating of the seeds. They're quite hard to digest because of the saponins." In fact, she says, consider it this way: When you say something is for the birds, you're calling it unpalatable. "Quinoa," she notes quite literally, "is not even for the birds." Rinsing it beforehand does remove at least some of these saponins. Unfortunately, this knowledge became lost in the translation when quinoa began to be promoted as an ancient "superfood," amazing for everyone, in the mid-2000s. South American farmers and cooks, working with their native crop, retain and pass down this important information. North Americans at the mercy of marketers cashing in on a trend? Not so much. Quinoa isn't the only plant to produce saponins. Many plants have them. We mainly consume them from legumes, especially kidney beans, chickpeas, and lentils, as well as oats, spinach, onion, garlic, asparagus, beets, tea, and yams. But because saponins vary in chemical structure, some are beneficial; for instance, the ones in oats and spinach actually help with digestion rather than actively working against it. Other plants' saponins might not affect you either way because they don't occur in the part that you eat. But when it comes to quinoa, nearly all saponins exist in the outer part of the seed itself. A study published in the March 2020 edition of Molecules not only identifies the bitter and astringent properties of these 40-plus saponins, but it also investigates the best methods for removing them in both laboratory and commercial settings, from triple-washing and leaching to heat treatment, extrusion, roasting, and mechanical abrasion. Leaching and roasting your quinoa at home is obviously a little labor-intensive. But knowing that such studies occur precisely because quinoa is problematic should induce you to at least read labels more carefully with an extra discerning eye. Indeed, just because a label says "pre-rinsed" doesn't mean you should skip washing it, especially if you're cooking quinoa for a group of people, any of whom could have a different level of experience with saponins. You might get away with not washing it for yourself if you've been building up a tolerance. But what if your kids are eating it for the first time? You have no idea how they'll react, given every person's anatomical differences. Consider, too, what pre-rinsed actually means: Not a whole lot. How carefully has it been washed? Once? Twice? By hand, which is largely the way quinoa is traditionally gathered, or with commercial sprayers? Usually, this kind of information isn't available, even if you look for it. So find out for yourself by watching the water as it runs over the seeds. If it "soaps up," it still has saponins left on the coating. Rinse (or soak) until you see no more bubbles. In fact, Moreno says you should always rinse any grain—buckwheat, millet, amaranth, sorghum, farro, or rice—no matter what. You don't know what happens to any commercial product on its way to packaging. She also recommends sampling different grains, pseudocereals, or seeds instead of utilizing one type all the time. Moreno says to try eating a little at a time first instead of a large portion, especially if you've never tried it before. That advice goes double for quinoa. For one thing, if you have any sensitive gastrointestinal issue, the saponins or the outer layer of the quinoa seeds could worsen your symptoms. Both my husband and daughter have inflammatory bowel disease (ulcerative colitis and Crohn's, respectively), and quinoa has never been easy for them to digest. Often, it's been downright painful. Now they know why. If you have a history of food allergies, you could have a lengthy, multi-symptom reaction to saponins. This is what my problem turned out to be. And because we included kidney beans and chickpeas in the soup, I received a triple dose. While I'm steering clear of eating it for the near future, Moreno isn't anti-quinoa, and you shouldn't be, either. "It came to be promoted so rapidly because it's so high in fiber and high in protein. It's very nutrient-dense, rather affordable, and easy to cook," she says. "If you love it, enjoy it." Just proceed with caution, and a good rinse of water. If you're anything like me, you probably don't consider your washing machine a potential safety hazard, much less a threat to life and limb. Early industrial washers were known for a complete lack of safety features that made using them genuinely hazardous. But modern industrial design fixed this particular issue decades ago — or so we thought. A new report from the US Consumer Product Safety Commission and Samsung itself says the company is investigating reports washers manufactured between March 2011 and April 2016 were prone to explosion.Samsung has issued a statement on the matter, requesting that owners of potentially affected machines use them only on the delicate setting when washing anything bulky, water-resistant, or prone to retaining water. The company notes that no issues have been reported when this setting is enabled.According to ABC News, which broke the story, affected units literally fly apart, sending wires, nuts, and even the entire top of the washing machine careening around the room. Analysis of the debris suggests that a retaining rod meant to support the rotating tub can slip out of place, catastrophically compromising the unit.This is about middle-of-the-road damage, near as I can tell. Occasionally, units do catch fire.I confess to having never searched for "exploding washing machine" in Google before today, but some of the results are a tad eye-opening. While the machine above isn't a Samsung unit, it's an example of what can happen when a washer explodes. Other units have even caught fire as a result of this type of failure, though it's not clear if the Samsung machines specifically do.The CPSC reports that 21 people have filed reports with Samsung concerning their nifty exploding washer since early last year. The company is already facing a class-action lawsuit over its failure to address the problem. Samsung's warning includes a utility to check your serial number and confirm whether your specific model is affected. But the company has yet to release a comprehensive list of all the models currently under investigation. An earlier ABC report from 2015 also referred to exploding Samsung washers, and uploaded video at YouTube dating to 2013 shows evidence of a similar flaw.This seemingly-impending recall comes at a time when Samsung is already under increased scrutiny thanks to the high-profile failure of the Note 7. While the device launched to wide acclaim, battery problems have forced Samsung to recall the device and replace affected units. Like the Note 7's issues, this appears to be an uncommon failure mode — but also like the Note 7, it's a failure mode that could cause significant damage or even injure someone, depending on how violently the washer disintegrates and where the parts hit. And if you haven't exchanged your Note 7 yet, go DO that. You can use a pressure washer to clean nearly anything outside in a fraction of the time it would take you otherwise. However, before you start dreaming about your next cleaning project, learn more about how to choose a unit, what you need and how to use a pressure washer. When you're shopping for pressure washers, you'll find two basic types: electric and gas. Electric pressure washers, which you power by plugging them into an outlet. That can limit where you use the pressure washer. Additionally, while they can be powerful, electric pressure washers are typically best for cleaning smaller items, including grills, patios and bicycles. People often like these types of pressure washers because they're quiet, lightweight, portable and low maintenance. Gas pressure washers require that you buy gas or oil to power the machine. However, that also gives you the freedom to go just about anywhere with it. Although gas pressure washers are heavier than electric ones, they usually have wheels to help you maneuver them. Additionally, they require regular maintenance, but they're more powerful and last longer than electric models. No matter whether you choose an electric or a gas-powered pressure washer, the machine works pretty much the same way. The motor or engine operates a pump. That pump pressurizes water from the hose up to 1,000 pounds or more before forcing it through the spray wand. The higher the pressure the washer puts out, the stronger its cleaning power. The pressure is measured in pounds per square inch (psi). While many of the smaller washers come with one adjustable nozzle that lets you switch from a single stream to a fan-shaped spray. Larger units may come with different nozzles, including some that rotate, create wider or narrower patterns and turbo-charge the stream. Pressure washers are effective in removing flaking paint, stuck-on grime, mold, algae, mud and more. Using a pressure washer on surfaces like patios, decks, driveways, masonry, siding and brick is perfectly safe. However, some materials can't hold up to the powerful pressure. Examples include: Asphalt roofs: Using a pressure washer on your asphalt roof destroys it by removing the granules Antique items: Very old furnishings, old decking and antique buildings could all have dry rot or soft spots that your pressure washer will likely damage Stained wood: Pressure washing stained wood surfaces will remove the stain from the wood, requiring you to re-stain it after it dries Getting started is a matter of powering up the machine and hooking it up to your garden hose and tightening all the connections to prevent air from getting into the lines. Tips for using your pressure washer include: Wash vertical surfaces like siding from the bottom up, then rinse from the top down Use the lowest pressure nozzle with the broadest spray pattern to avoid damaging the surface you're cleaning Avoid spraying into outlets, vents or air conditioning units Always keep your pressure washer repair manual after buying one. Not only will it offer helpful tips for operating it safely, but it also will give you information like the model number, which you might need to get pressure washer repair parts. It also helps to keep pressure washer spare parts around for small fixes. For example, if you're having trouble starting it, you might need to replace the spark plug or clear out the fuel tank to remove debris before refueling. In many instances, you might not need parts. Instead, you might need to check things out. For example, if your pressure washer is leaking, check the O-rings and water seals, but it might be as simple as loose fittings, which are the most common cause of leaks. If you're having pressure problems, make sure your garden hose is the right size and is free of any kinks or leaks.

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