

November 2023

Building Strong Families in Scott County



Martin-Gatton
College of Agriculture,
Food and Environment

Scott County
Cooperative Extension Service
1130 Cincinnati Road
Georgetown, KY 40324-8931
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This month...



Talking Turkey



Baked Apples and Sweet Potatoes

regular and mailbox members. Date: _____

Enrollment Form for _____

Scott County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of County _____

Phone: Home _____

Cell (_____) _____

Birth year (Optional) _____

Race (Optional - circle one): White Black or African American

Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: _____

I, (print full name) _____ hereby grant _____

LAST CALL!

Homemaker Enrollment Form

FCS Today

TALKING TURKEY: PREP AND SAFETY

Source: Heather Norman-Burgdorf, Dietetics and Human Nutrition, and Anhall Norris, Family and Consumer Sciences

For many, Thanksgiving dinner is the largest meal prepared all year. So much time and effort go into planning the meal. There are decorations, place settings, the side dishes, the guest list, and the turkey! It's easy to see how one could feel overwhelmed with preparing the turkey with so many other things to think about.

Turkey Nutrition

Holiday meals are typically known for their over indulgent foods; however, turkey remains

a nutritious holiday staple. Turkey is low-fat, high in protein, and rich in iron, zinc, and several B Vitamins.

A typical serving of turkey is 3 to 3½ ounces, about the size of a full, stacked deck of cards. A 3-ounce serving of boneless, skinless turkey breast meat has only 161 calories, 29g of protein, and 4g of fat. Similarly, a 3-ounce serving of dark thigh meat without skin is 192 calories, 28g of protein, and 8g of fat.

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Sincerely,

Alivia Faris

Scott County Extension
Agent for Family and
Consumer Sciences



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Save the Date

May 7-9, 2024

Blazing the Way with
KEHA



Disabilities
accommodated
with prior notification.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506

SAFER *Holiday* MEALS

Continued from Page 1

Purchasing a Turkey

Turkeys may be purchased either fresh or frozen. Neither is better than the other. When purchasing a turkey, plan for 1 pound per person.

Free range or organic turkeys may be available at your grocery store. Free-range turkeys are raised in environments with more space, but this does not mean that they are organic. Organic turkeys must meet specific standards set forth by the USDA. Organic does not mean the turkey is free range. The nutrition of these turkeys is no different than a conventional turkey but may be two to four times more expensive. It is personal preference on which turkey meets your personal, ethical, and economical needs.

A fresh turkey should be purchased no more than two days prior to the day of preparation. Check the “sell by” or “use by” date to make sure that the turkey is fresh. If a fresh turkey is desired for Thanksgiving Day, it may be best to call the local grocer to ensure a fresh bird will be available.

Frozen turkeys may be purchased weeks, even months, in advance depending on available freezer space. With frozen turkeys, allow adequate time for the thawing process.

Thawing Methods

Turkeys must be kept at a safe temperature during the thawing process. They should never be left out at room temperature on the counter, in the basement, or outside on a cool day. It is not acceptable to thaw a turkey in the dishwasher, using a blow dryer, a brown paper bag, or any place where the temperature is above 40°F. When a frozen turkey begins to thaw, any bacteria that may have been present on the meat before freezing will begin to grow. If the meat stays in the “Danger Zone,” between 40°F-140°F, for more than two hours, bacteria can grow rapidly. The United State Department of Agriculture (USDA) recommends three ways to safely thaw food containing turkey: in the refrigerator, in the sink using the cold water method, or in the microwave.

Thawing in the Refrigerator

When thawing a turkey in the refrigerator, make sure you allow enough time. You will need about 24 hours for each 4-5 pounds of turkey in a

Table 1. Thawing time in the refrigerator.

Size of Turkey	Thawing Time
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

Table 2. Thawing time with the cold water method.

Size of Turkey	Thawing Time
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

refrigerator set at 40°F. Place the bird in a large pan to collect any juices that may drip and contaminate other foods. Use Table 1 as a reference for thawing in the refrigerator.

A turkey thawed in the refrigerator can remain in the refrigerator for 1-2 days before cooking. If necessary, the bird can be frozen again without cooking, but there will be some loss in quality.

Thawing with the Cold Water Method

The cold water method is simply thawing the turkey in a sink of cold water, where the water is changed every 30 minutes. Do not use warm or hot water with this method as this will put the turkey in the “danger zone” for longer than is recommended. You should allow about 30 minutes for each pound of turkey. Be sure to use

cold water and make sure the bird is wrapped securely in a leak proof bag in order to prevent cross contamination and a watery bird. Use Table 2 as a reference for thawing in cold water.

A turkey thawed using the cold water method must be cooked immediately.

Thawing in the Microwave

When thawing in the microwave, follow the microwave owner’s manual for defrosting a turkey. They should have recommendations for the cook level and time according to the size of the bird. Most microwaves cannot accommodate a turkey larger than 12 to 14 pounds. Plan on cooking the turkey immediately after thawing as some areas of the bird warm up quickly and begin to cook during the microwave



Continued from Page 2

thaw. Turkey should not be held for later cooking after thawing in the microwave as this increases the chance for bacterial growth.

Thawing in the refrigerator is preferred. This is the safest method because the temperature never rises above 40°F. Inside the refrigerator, the turkey thaws gradually at a consistent, safe temperature.

Don't worry if your turkey is still a little frozen before you cook it. The turkey is still safe to cook; it will just take longer. It's even possible to cook a turkey that is still completely frozen. A turkey that is completely frozen will take 50 percent longer to cook than a turkey that has been thawed. For more information about cooking a frozen turkey, see the publication *Talking Turkey: Dinner is Served* (FCS 3-620).

Getting Started

As the turkey thaws and you ready your space to prepare the turkey and other Thanksgiving dishes, keep the following food safety tips in mind.

- Before you start the cooking preparations, wash your hands with soap and warm water for 20 seconds.
- Don't wash the turkey. This can spread bacteria onto kitchen surfaces. All raw meat contains bacteria.



Washing the meat will not remove the bacteria. The only way to remove the bacteria is to cook the turkey properly.

- Keep the turkey away from all other foods during the thawing process and before cooking in order to avoid cross contamination.
- Don't prepare any other foods until you have the turkey in the oven and have properly cleaned and sanitized the area.
- If possible, use a different cutting board and knife when preparing the turkey. Wash and sanitize everything that touched the raw meat, even countertops.
- Use a mild bleach solution made from 1 tablespoon unscented bleach per gallon of water to sanitize knives, cutting boards and work surfaces.

- For cooking methods, please read *Talking Turkey: Dinner is Served* (FCS 3-620).

Turkey Leftovers

It's never too early to start thinking about all of those wonderful turkey leftovers. Be sure to follow good food safety practices when preparing your turkey and storing it for those favorite recipes over the next several days.

Storing Leftovers

After dinner, don't let food sit out on the table. Leftovers should be refrigerated or frozen within two hours. It is best to go ahead and remove all the meat from the turkey. Do not store stuffing inside the turkey. Remove the stuffing from the bird and refrigerate in a separate container. Legs and wings may be left whole, if desired. Sliced meat should be stored in shallow containers

Continued from Page 3

or small zipper bags and eaten within 3-4 days.

If you aren't sure the meat can be eaten in that time frame, it is best to freeze the leftover turkey. If the freezer stays below 0°F, the turkey is safe to eat indefinitely. For best quality, sliced turkey stored in the freezer in freezer-safe zipper

bags should be eaten within 6 months. Be sure to label leftovers going into the freezer with contents and the date on which they were frozen.

Leftover Ideas

Rather than simply serving turkey again, be creative in how you prepare your leftovers. See

the list and recipe below for turkey leftover inspiration.

- Turkey hash
- Turkey salad
- Turkey noodle soup
- Turkey pot pie
- Turkey casserole
- Sliced turkey sandwich

Turkey Noodle Soup

Yield: 4 Servings

Serving Size: 1 $\frac{3}{4}$ cups

Ingredients

6 cups homemade turkey stock (or low-sodium canned turkey or chicken broth)

1 bay leaf

1 cup diced carrot

$\frac{3}{4}$ cup chopped onion

$\frac{3}{4}$ cup diced celery

2 garlic cloves, minced

Salt to taste

Ground black pepper

$\frac{1}{4}$ cup chopped parsley

3 oz egg noodles

2 cups leftover turkey, shredded



Directions

Fill a large pot with homemade (or canned) stock. **Add** bay leaf, carrots, onions, celery, garlic, salt and pepper to taste. **Simmer** 10-15 minutes or until the vegetables are tender. **Add** parsley, noodles, and shredded turkey. **Cook** according to packaging for noodles. **Remove** bay leaf and **serve**.

Nutrition Information

240 calories, 4g fat, 1g saturated fat, 80mg cholesterol, 620mg sodium, 11g carbohydrates, 2g fiber, 3g sugar, 39g protein.

References

“Cleanliness Helps Prevent Foodborne Illness,” United States Department of Agriculture, accessed on November 8, 2018, https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/cleanliness-helps-prevent-foodborne-illness/CT_Index.

“How to Safely Thaw a Turkey,” United States Department of Health & Human Services, accessed on August 28, 2018, <https://www.foodsafety.gov/blog/2016/11/defrost-turkey.html>.

“Thanksgiving,” United States Department of Health & Human Services, accessed October 1, 2018, <https://www.foodsafety.gov/keep/events/thanksgiving/index.html>.

“Turkey,” United States Department of Health & Human Services, accessed on September 28, 2018, <https://www.foodsafety.gov/keep/types/turkey/>.

“Turkey Basics: Safe Thawing,” Food Safety Education, United States Department of Agriculture, accessed October 1, 2018, https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/turkey-basics-safe-thawing/ct_index.

“Turkey from Farm to Table,” United States Department of Agriculture, accessed on October 1, 2018, https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/food-safety-of-turkey-from-farm-to-table/ct_index.



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit [fsis.usda.gov](https://www.fsis.usda.gov).

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.
This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:
Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.

Microwave:
Cook immediately after thawing.

How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit [fsis.usda.gov](https://www.fsis.usda.gov)

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils, Plates, Countertops, Cutting boards **SHOULD ALSO BE WASHED**

SO DON'T WASH YOUR TURKEY!!

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

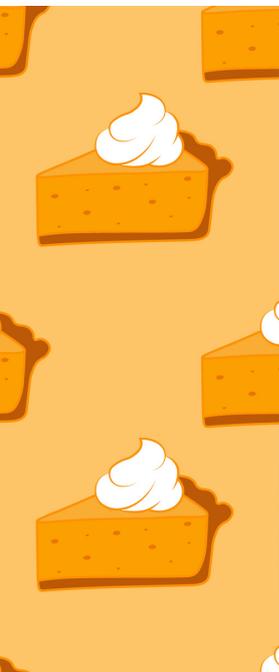
Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit [foodsafety.gov](https://www.foodsafety.gov)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit [AskKaren.gov](https://www.fsis.usda.gov). Visit [PreguntelelaKaren.gov](https://www.fsis.usda.gov) for questions in Spanish.



Cushaw Pie

2 cups cooked and mashed cushaw squash
¼ cup butter
¼ cup sugar

½ cup brown sugar
2 eggs
1 teaspoon lemon extract
1 teaspoon vanilla extract

½ teaspoon nutmeg
¼ teaspoon ground cinnamon
1 9-inch graham cracker pie shell

- To prepare squash:** Wash and remove rind from the squash. Cut flesh into 1 inch squares. Steam squash cubes until tender. Drain and mash.
- Preheat** oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars. Add eggs, lemon extract, vanilla extract, nutmeg and cinnamon. Mix until smooth.

- Pour** mixture into pie shell.
- Bake** 15 minutes at 400° F.
- Reduce** oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.

Yield: 8 slices

Nutritional Analysis: 250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33g carbohydrate, 1 g fiber, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Upcoming Dates to Remember

November 2023

2nd: Rug Hookers @ 10:00 AM

2nd: Adult Advanced Quilt Class @ 6:00 PM

9th: Rug Hooker @ 10:00 AM

9th: FCS Book Club @ 12:00 PM

11th: Elkhorn Creek Quilt Guild Sit-n-Sew @ 9:00 AM

14th: Elkhorn Creek Quilt Guild Quilt Show Meeting @ 5:00 PM

14th: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM

17th: Poppin's Bag Class (Day 1) @ 9:00 AM

20th: Homemaker Leader Lesson @ 10:00 AM

20th: Poppin's Bag Class (Day 2) @ 11:00 AM

23th: OFFICE CLOSED

24th OFFICE CLOSED

30th: Rug Hookers @ 10:00 AM

Baked Apples and Sweet Potatoes

5 medium sweet potatoes
4 medium apples

½ cup margarine
½ cup brown sugar
½ teaspoon salt

1 teaspoon nutmeg
¼ cup hot water
2 tablespoons honey

- 1. Boil** potatoes in 2 inches of water until almost tender.
- 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
- 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
- 4. Layer** potatoes on the bottom of the dish.

- 5. Add** a layer of apple slices.
- 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle** top with nutmeg.
- 9. Mix** the hot water and

honey together.

10. Pour over top of casserole.

11. Bake for 30 minutes.

Yield: 6, 1 cup servings.

Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.

Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



THIS MONTH'S
Recipe

November Health Bulletins

Scan here to read full issues!



THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -

An equal opportunity organization

SCOTT COUNTY

How can we serve you?

Take a ten-minute survey to help us develop programs addressing needs in our community.



go.uky.edu/serveKY

KENTUCKY COOPERATIVE EXTENSION

VOLUNTEERS NEEDED

We need Extension Volunteers to help with **Recipes for Life** which will be December 8th at the Scott County Extension Office.



If you would like to volunteer please fill our quick survey using the QR Code below.



Homemaker Council Meeting

November 9th at 2:30 PM



Service Project

AMEN House
Towel Tally

83 Towels

16 Hand Towels

53 Wash Cloths

Drop your towel donations off at the Scott County Extension Office today!

Adult Beginning Quilting

is

CANCELLED

for the rest of the year.



**Homemakers make a
difference!**

**This class is a fundraiser for
the Robey-Jenks-Minch
Scholarship.**

Class Cost
\$10.00

You **MUST** pay to register.
**Make checks payable to
Scott County Extension
Homemakers.**



Poppins Bag Class

November 17 @ 9:00 AM

November 20th @ 11:00 AM

at the Scott County Extension Office

You are responsible for purchasing your own materials:

Aunties Two Pattern for Poppins Bag (Pattern Number AT617)

1 Yard of fabric for the outside body and pockets.

1 Yard of fabric for the inside bag and pockets.

1/2 Yard for binding, sashing, zipper bows, and tabs.

1 Yard In-R-Form Plus (58" wide)

3/4 Yard Stiff double-sided fusible interfacing (20" wide)

2 stays (included with pattern or sold separately)

5 Feet 1/4' Plumbing tube

30' Handbag zipper (double sides)

Matching Cotton Thread

More information can be found here: <https://shorturl.at/hkEXY>



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Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.



How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

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THANKSGIVING

MENU CALORIE COMPARISON

Main Dish	3 1/2 oz. Roasted Turkey	240 calories per serving
	3 1/2 oz. Baked Ham	308 calories per serving

Standard Recipes

Sides	Calories per serving
Clam Chowder	504
Sweet Potato Casserole	438
Green Bean Casserole	264
Mashed Potatoes	212
Cranberry Salad	293
Macaroni & Cheese	421
Corn Pudding	257
Roll with butter	150
Pumpkin Pie	374
TOTAL	3,416
TOTAL with turkey alone	3,108

Plate it up! KY Proud Recipes

Sides	Calories per serving
Broccoli Chowder	180
Sweet Potato Crisp	240
Green Bean Medley	150
Turnip Tater Mash	50
Very Berry Salsa	40
Noodles Florentine	206
Country Ham & Broccoli Grits	120
Sweet Potato Biscuit	100
Cushaw Pie	250
TOTAL	1,884
TOTAL with turkey alone	1,576



Scott County Homemakers Dresses for Ghana International Service Project

Over 33 dresses were made during our workshop day. Look for a second workshop in January, more information will be coming soon.

ATTENTION

Homemaker Dues

Dues are **\$10.00** per person and must be received by the Extension Office no later than **November 30, 2023**. **Please make checks payable to Scott County Extension Homemakers**. Dues may be dropped off at the office or mailed to: Scott County Extension Office, 1130 Cincinnati Rd. Georgetown, KY 40324. Please note this **form MUST** be included with all dues - for all new, old, regular and mailbox members.

You are welcome to submit the dues for your entire club on one check as long as you have forms for each member filled out and turned in with the check.

QUILT GUILD DUES: Quilt Guild dues are an **additional \$10.00** and a **separate check must be made out to Scott County Extension with the memo line "Quilt Guild Dues."**

Date: _____

Enrollment Form for

Scott County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional – circle one): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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- Where do my dues go?**
- \$5.00 State Dues**
 - \$0.50 Area Membership**
 - \$1.00 Ovarian Cancer Research**
 - \$2.50 County Membership**
 - \$0.50 4-H Camp Scholarships**
 - \$0.50 Scott County Student Scholarships**