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Cooperative Extension Service

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“In November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures.” ~ Cynthia Rylant

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,

EFNEP Assistant

(Expanded Food and Nutrition Education Program)

Taken from
November 2023

Nutrition

Education

Calendar

Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

- 1 pound boneless skinless chicken breast
- 6 small sweet potatoes
- 1 bunch green onions, chopped (optional, for topping)
- Low-fat Greek yogurt, low-fat sour cream, or low-fat dressing (optional, for topping)

Buffalo sauce:

- 1 tablespoon hot pepper sauce
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper*
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons unsalted butter, melted
- 1 tablespoon vinegar
- 2 tablespoons water
- 1/2 tablespoon cornstarch + 1 tablespoon water

*For a hotter sauce add another 1/4-1/2 teaspoon cayenne

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse sweet potatoes under cool running water and set aside.
3. Add raw chicken to a slow cooker.
4. In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
5. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
6. About 45 minutes before the chicken is done, preheat the oven to 425 degrees F.
7. Place sweet potatoes on a baking sheet and bake until tender, about 40 to 50 minutes.
8. When chicken is fully cooked, remove it from the slow cooker and shred it.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

210 calories; 6g total fat; 3g saturated fat; 0g trans fat; 65mg cholesterol; 270mg sodium; 18g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:

LaToya Drake, Program Coordinator II, University of Kentucky Cooperative Extension Service

9. Before returning the shredded chicken to the slow cooker, mix cornstarch and water together and add to the slow cooker. Whisk until thickened. Return chicken to the slow cooker and combine with the sauce.
10. When sweet potatoes are done cooking, split each one open and top with a portion of shredded buffalo chicken.
11. Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 cup blue cheese salad dressing, 2 tablespoons low-fat milk, and 1/4 teaspoon ground black pepper in a small bowl.

Makes 6 servings

Serving size: 1 potato with chicken

Cost per recipe: \$8.82

Cost per serving: \$1.47

KENTUCKY SWEET POTATO BREAD

GROCERY LIST

- Margarine
- Brown sugar
- Eggs
- Sweet potatoes
(need 1 cup mashed)
- Milk
- Orange
(need grated orange peel)
- Self-rising flour
- Whole wheat flour
- Allspice
- Nutmeg
- Chopped pecans

MAKE IT A MEAL

- Turkey
- Dressing
- Steamed broccoli
- Congealed fruit salad
- **Kentucky Sweet Potato Bread**
- Low-fat milk

TIP

Visit KyProud.com to find all the Plate It Up! Kentucky Proud recipes using Kentucky products.



- $\frac{1}{4}$ cup margarine
- $\frac{1}{2}$ cup brown sugar
- 2 eggs
- 1 cup cooked mashed sweet potatoes
- 3 tablespoons milk
- 1 tablespoon grated orange peel
- 1 $\frac{1}{2}$ cups self-rising flour
- $\frac{1}{2}$ cup whole wheat flour
- $\frac{1}{4}$ teaspoon allspice
- $\frac{1}{4}$ teaspoon nutmeg
- 2 tablespoons chopped pecans

1. In a mixing bowl, cream $\frac{1}{4}$ cup margarine and $\frac{1}{2}$ cup brown sugar.
2. Add eggs and mix well.
3. Add sweet potatoes, milk, and grated orange peel; mix well.
4. In a separate bowl, mix flours, allspice, nutmeg and pecans.
5. Blend the wet and dry mixtures, stirring only until just combined.
6. Spray a 9-inch x 5-inch x 3-inch loaf pan with nonstick cooking spray.
7. Pour mixture into pan and bake at 350°F for 45 to 50 minutes.
8. When the loaf is removed from the oven, allow to cool for 10 minutes before applying glaze.

Glaze:

- 1 tablespoon margarine
- 1 tablespoon reduced fat cream cheese
- $\frac{1}{4}$ cup confectioner's sugar
- 1 $\frac{1}{2}$ teaspoon milk
- 1 $\frac{1}{2}$ teaspoon orange juice
- 1 teaspoon grated orange peel

1. In a small mixing bowl, mix the margarine and cream cheese.
2. Add the confectioner's sugar, milk, orange juice and orange peel. Mix well.
3. Remove loaf from pan and spread the glaze over the top of the loaf.

MAKES 16 SERVINGS

Serving Size: 1 slice

Cost Per Recipe: \$4.63

Cost Per Serving: \$.29

SOURCE: Plate It Up! Kentucky Proud

NUTRITION FACTS PER SERVING:

150 calories; 4.5 g fat; 1 g saturated fat; 5 g trans fat; 0 mg cholesterol; 200 mg sodium; 24 g carbohydrate; 1 g fiber; 10 g sugar; 3 g protein, 70% Daily Value of vitamin A; 6% Daily Value of vitamin C; 6% Daily Value of calcium, 6% Daily Value of iron

Taken from: November 2013 Nutrition Education Program Calendar



Extension Homemaker Club Meetings

Sunnybrook - November 2nd @ 6:30 p.m. - Downstairs Meeting Room
Crafter's Anonymous - November 8th @ 1:30 p.m. - Downstairs Meeting Room
Odds 'N Ends - November 9th @ 12 noon - Downstairs Meeting Room
Country Charmers - November 13th @ 6:00 p.m. - Downstairs Meeting Room
Pots & Pans - November 13th @ 6:00 p.m. - Upstairs Meeting Room
Charity - November 14th @ 5:00 p.m. - New Charity Baptist Church
Happy Chippers - November 16th @ 12:30 p.m. - Downstairs Meeting Room
Creative Characters - November 21st @ 12:30 p.m. - Downstairs Meeting Room
Mudslingers - November 27th Assigned Appointments Only-Contact Seth Hart
Mudslingers - November 28th @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!

Homemakers' Enrollment & Dues

This is a reminder that Homemaker membership dues and enrollment forms are due by November 28th for the 2023-2024 program year. This program year is going to be full of adventures, educational opportunities, chances for community involvement, and enjoyable fellowship events. We hope you will decide to join us or renew your membership. Please stop by the Extension Office to pick up an enrollment form.

Membership dues are only \$10 for a full year.

Blood Drive!

Tuesday, November 28, 2023

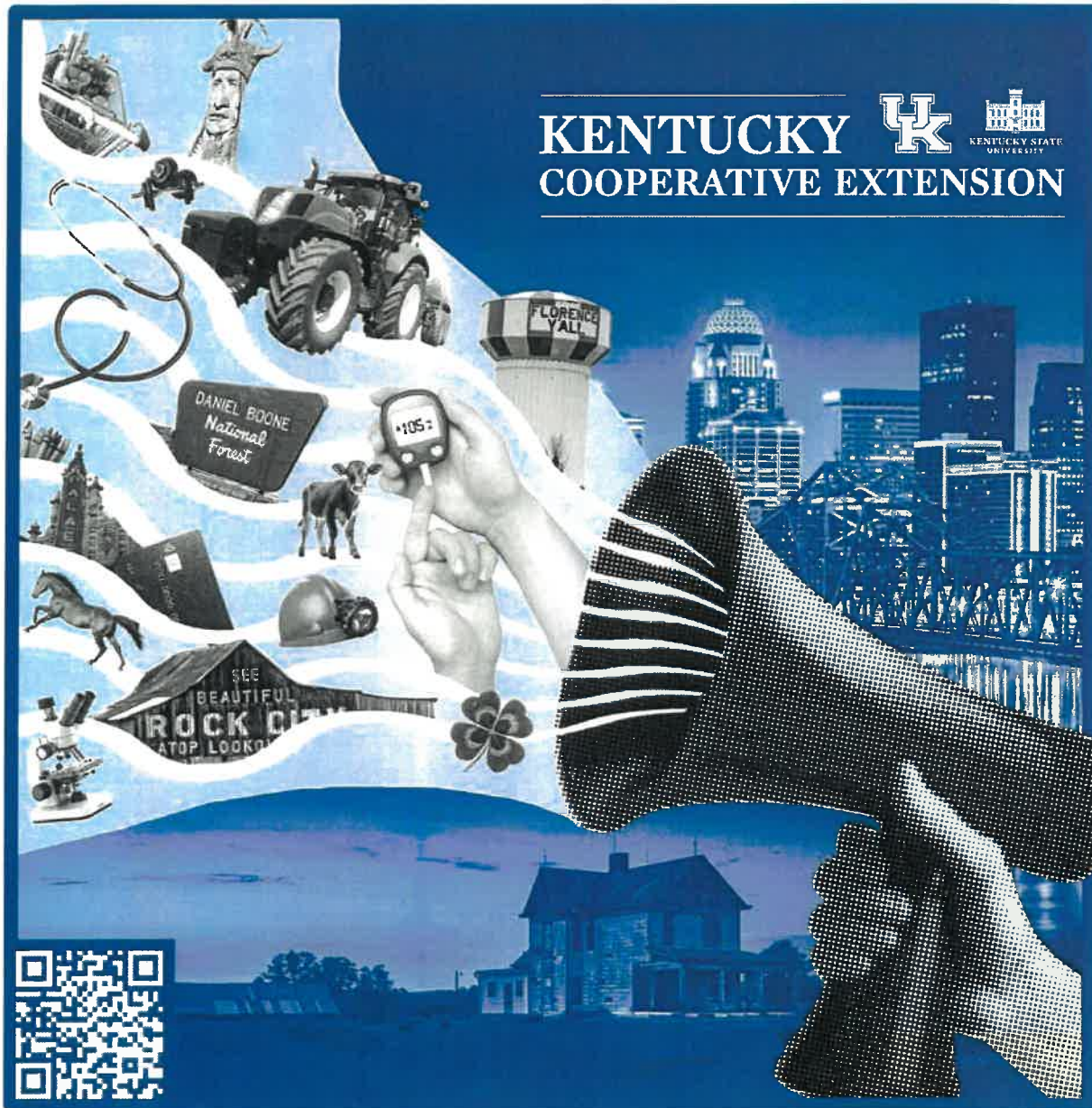
Aspire Center

Charity Club - 12:45 a.m.-3:15 p.m.

Sunnybrook Club - 3:15 p.m.-5:30 p.m.



How can Extension better serve Kentucky? We hope you'll take our 10-minute survey to help us develop programs addressing needs in our community. We want to hear from all Kentucky citizens ages 18 and up. Every voice matters. Scan the QR code or visit go.uky.edu/serveKY. Paper copies of the survey are also available at the Wayne County Extension Office.



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serve you??

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Disabilities accommodated with prior notification.

Contact your local Extension Office for a paper copy of the survey.

Christmas Village

Saturday, November 18th
Wayne Co. Extension Office
255 Rolling Hills Blvd, Monticello, KY
9:00 a.m. ~ 2:00 p.m.

Quality Crafts, Gifts & Artisan Items
Yummy Baked Goods & Tasty Treats
Hot Lunch Items!

Children's Village & Santa!

10:00 a.m. ~ 1:00 p.m.

Children (ages 5~12) may purchase gifts for family members for \$2 each (limit 5 gifts per child). No adults allowed in shopping area. Bring your own camera for pictures with Santa.

Adult Admission (Optional) ~
Non-perishable food item.
Children free.

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In-Stitches Quilt Class

Northern Star (Part 2)

Wednesday, November 29, 2023 @ 10:00 a.m.

Downstairs Meeting Room

November In-Stitches dates:

Friday, November 10th - Sit & Sew and Binding Class

Wednesday, November 29th - Part 2 of Northern Star

December - No meeting!

January - Date changed to January 24th

January 16-20 - Jabez Quilt Seminar in Cave City



Project Helping Hands

Please mark your calendars!

Items needed for our Head Start LEAP Christmas program.

We are asking for donations of the following items:

- Preschool age books
- Boxes of jumbo size Crayola crayons (Please only Crayola)
- Boxes of Crayola fat size markers
- Decorative pencils
- "Treasures" (matchbox cars, hairbows/ties, etc.) gloves, mittens

Please keep in mind age appropriate and choking hazards for this age group (3 & 4 year olds). Things if you were a little kiddo you'd get excited about. We will be preparing 50 bags. We will need the items brought to the Extension Office by December 12th.

GIANT THANK YOU!!

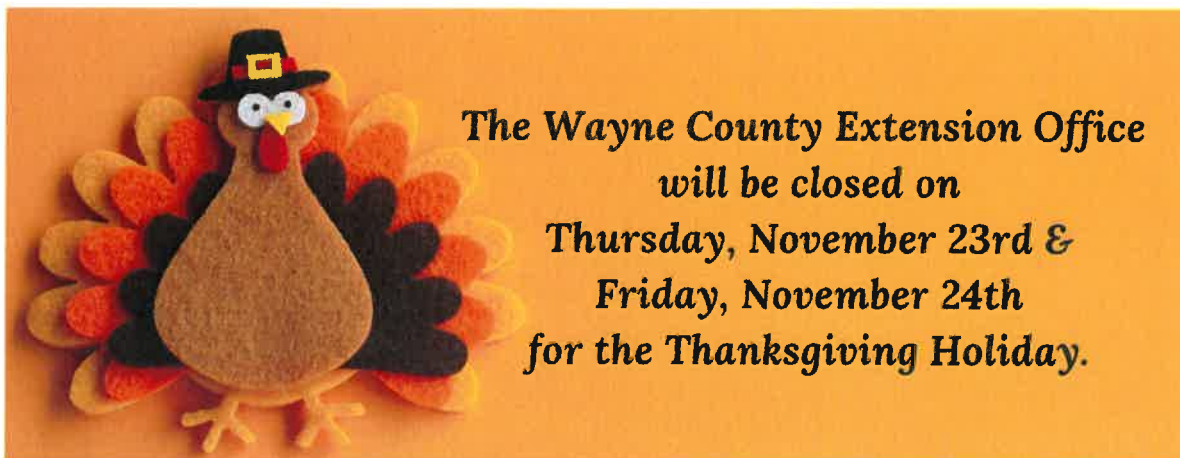
We will be hosting a Head Start LEAP Christmas program at the Extension Office December 14th. If you have your Extension Volunteer Background Check, we would appreciate some help that day from 9:00 a.m. until 10:30 a.m. Please let us know if you have any questions and would like to lend a helping hand! **Thank you....Debbie & Joy**

Participation in these community service projects can count as volunteer service hours.



Wayne County Extension Homemakers! Dates to Book in Your Calendar

November 10th - Sit & Sew & Binding Class - Downstairs Meeting Room
November 16th - Christmas Village Prep
November 17th - Christmas Village Set-up
November 18th - Christmas Village - Wayne County Extension Office
November 23rd & 24th - Extension Office closed for Thanksgiving Holiday
November 28th - Holiday Make & Take - 5:30 p.m. - Downstairs Meeting Room
November 28th - LAST DAY FOR HM 2023-2024 Enrollment Dues & Forms
November 29th - In-Stitches Class - 10:00 a.m. - Downstairs Meeting Room
December 1st - LAST DAY FOR DENIM SHIRT ORDERS (For Extension Homemakers)
December 14th - Head Start Christmas Event - 9:00 a.m. - Extension Office
December - Club Choice - Leader Lesson
December 19th - Extension Office Closed for All Staff Team Training
December 25th - January 1st - Extension Office Closed for Holidays
January 4th - Wayne Co. Extension Homemaker Executive Council Mtg. - 5:30 p.m.
January 8th - Wayne Co. Extension Homemaker Council Mtg. - 5:30 p.m.
January 11th - County Extension Council & District Board Mtg. - 6:00 p.m.
January 15th - Extension Office closed for Martin Luther King, Jr. Day
January 16th-20th - Jabez Quilt Seminar at Cave City
January 23rd - Make Your Heart Happy -Valentine's Hearts & Other Lovey Things!
January 24th - In-Stitches Class
February 27th - Cultural Arts Lesson
March 26th - Spring Cleaning Your Home & Finances
April 23rd - Entertaining Little Ones
May 28th - Healthy Food Choices



**The Wayne County Extension Office
will be closed on
Thursday, November 23rd &
Friday, November 24th
for the Thanksgiving Holiday.**




Seth Hart

Program Assistant
for Community Arts

Fall Harvest Magnets: "Pumpkins"

**Fall Harvest Magnets:
Pumpkins**

Designed by Seth Hart
Wayne County Extension Office
255 Rolling Hills Blvd.
Monticello, KY 42633
606-348-8453
seth.hart@uky.edu

**LESSON CAN ALSO
QUALIFY AS A
4-H STATE FAIR ENTRY**

**Catalogue: Traditions
(Heritage Arts Other)**

MATERIALS & RESOURCES

Suppliers: Hobby Lobby; Walmart

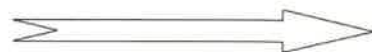


- **SELF HARDENING CLAY**
 - OPTIONS
 - "AMACO" AIR DRY (10 lb - \$10.00)
 - "MARBLEX" SELF-HARDENING (25 lb - \$40.00)
- **PAINT BRUSHES**
 - ONE FINE POINT SOFT BRISTLE
 - ONE FILBERT SOFT BRISTLE PAINT BRUSH
- **DISPOSABLE CUP WITH WATER**
- **DISPOSABLE PAPER PLATE**
- **"APPLE BARRELL" ACRYLIC CRAFT PAINTS**
 - 20470E "PUMPKIN ORANGE"
 - 21186E "GOLDEN SUNSET"
 - 21891E "MARSH GREEN"
- **"KRYLON" TRIPLE-THICK CRYSTAL CLEAR COAT**
- **TOOTH PICK**
- **BLOW DRYER**
- **ADHESIVE MAGNET BUTTONS (NON ADHESIVE WILL REQUIRE HOT GLUE OR TACKY GLUE)**



1. BEGIN BY ROLLING OUT A BALL OF CLAY ABOUT 1 INCH WIDE AND FLATTEN THE ENDS BY TAPPING THEM ON SURFACE OF PAPER PLATE.
2. WITH YOUR FINGER, PRESS INDENTIONS ON BOTH ENDS AS SHOWN IN THIRD PHOTO.

MORE INSTRUCTIONS ON BACK



3. WITH A TOOTH PICK, CREATE LINES BY PRESSING AND ROLLING IT ON THE SIDES.....



4. TO CREATE STEM, PINCH OFF A SMALL PIECE OF CLAY AND ROLL IT INTO A CONE. FLATTEN THE END BY LIGHTLY TAPPING IT ONTO THE SURFACE OF YOUR PAPER PLATE.....



5. WITH A TOOTH PICK, SKOR BOTH THE INTENTION ON YOUR PUMPKIN AND THE FLAT END OF YOUR STEM.....



6. DIP THE STEM IN WATER AND PRESS IT FIRMLY ONTO THE SCORE MARKS OF THE PUMPKIN.....



7. WITH THE FINE POINT BRUSH AND A VERY SMALL AMOUNT OF WATER, COAT OVER THE STEMS TO SEAL THE STEM IN PLACE.....



8. PICK YOUR LEAST FAVORIT SIDE OF THE PUMPKIN AND TAP IT LIGHTLY ON THE TABLE SURFACE UNTIL THAT SIDE OF THE PUMPKIN IS FLAT. USE THE TOOTH PICK TO REDEFINE THE LINES AND WITH A WET PAINT BRUSH, COAT OVER THEM TO POLISH THE SURVACE. WITH A BLOWER DRYER, DRY THE CLAY, ATTACH MAGNET ON BACK, PAINT AND SEAL IT.



For more instruction, visit our YouTube Channel

Channel: Wayne County Cooperative Extension Service

Playlist: Fine Arts

Video: Sculpting - Handbuilding/Pumpkins



Joy McGinnis

FCS Program Assistant



Modifying Holiday Recipes

There are many ways that you can modify your favorite holiday desserts to reduce the fat and calories but still keep the flavor and texture. Try these ideas:

- **Fruit puree.** Substitute an equal amount of fruit puree (e.g., applesauce) for oil in cake, brownie, bread, or muffin mixes. The fruit adds flavor, moisture, and tenderness to baked goods when the oil is omitted.
- **Egg whites or egg substitutes.** Replace some of the whole eggs with egg whites or a commercial egg substitute. 1 egg = 2 egg whites or 1/4 cup of egg substitute.
- **Cocoa powder.** – Use 2 Tbsp. cocoa powder plus 1 Tbsp. regular or diet margarine in place of every 1 oz. of unsweetened baking chocolate.
- **Fat-free milk, yogurt, sour cream, or cream cheese.** Use these in place of whole-fat products. A dollop of vanilla fat-free yogurt makes a nice substitute for whipped cream on some desserts.
- **Light or diet margarines.** Be careful when using light or diet margarines to replace regular margarine or butter. These substitutes have a higher water content and can change the texture of your baked goods. Experiment—you may need to reduce some of the liquid in your recipe when you use lite or diet margarine.

Source: Healthy Eating for the Holidays (SNAC) Univ. of California

Foodborne Germs and Illnesses

Foodborne illness (sometimes called "foodborne disease," "foodborne infection," or "food poisoning" is a common, costly—yet preventable—public health problem. Each year, 1 in 6 Americans gets sick by consuming contaminated foods or beverages. Many different disease-causing microbes, or pathogens, can contaminate foods, so there are many different foodborne infections. In addition, poisonous chemicals, or other harmful substances can cause foodborne diseases if they are present in food.

More than 250 different foodborne diseases have been described. Most of these diseases are infections, caused by a variety of bacteria, viruses, and parasites that can be foodborne. Other diseases are poisonings, caused by harmful toxins or chemicals that have contaminated the food, for example, poisonous mushrooms.

These different diseases have many different symptoms, so there is no one "syndrome" that is foodborne illness. However, the microbe or toxin enters the body through the gastrointestinal tract, and often causes the first symptoms there, so nausea, vomiting, abdominal cramps, and diarrhea are common symptoms in many foodborne diseases.

Source: <http://www.cdc.gov/foodsafety/foodborne-germs.html>

Colorful Turkey Pasta Salad

Submitted by: Foy McGinnis, FCS Program Assistant



Yield: About 4 servings.

Nutrition Information (per serving): 310 calories, 9 g. fat, 30 g. carbohydrate, 26 g. protein

INGREDIENTS

2 1/2 cups cooked, drained, tri-colored rotini pasta
2 cups cooked turkey, cubed (white meat preferred)
1/2 cup scallions, thinly sliced
1/4 cup celery, chopped
1/4 cup fresh parsley, chopped
1 1/2 teaspoons fresh tarragon, washed & chopped or 1/2 teaspoon dried
1 tablespoon canola or olive oil
2 tablespoons tarragon vinegar
1 tablespoon fresh lemon juice
2 tablespoons reduced-calorie mayonnaise

DIRECTIONS

- In large bowl, combine cooked pasta, turkey cubes, scallions, celery, parsley, & tarragon.
- In small bowl, mix together oil, vinegar, lemon juice, & mayonnaise.
- Mix well, coating all surfaces. Cover & refrigerate for 1 to 2 hours or until chilled throughout.

Reference: Foodsafety.gov. Colorful Turkey Pasta Salad.
<http://www.holidayfoodsafety.org/recipes/love-your-leftovers/item/colorful-turkey-pasta-salad>
Source: Debbie Clouthier, Extension Associate for Food Safety and Preservation, University of Kentucky; College of Agriculture, Food and Environment



**November is Thanksgiving month.
Try some of these delicious recipes!**



Herb Roasted Turkey

Servings: 15 **Serving Size:** 4 ounces

390 calories; 8g total fat; 2g saturated fat; 0g trans fat; 225mg cholesterol; 480mg sodium; 2g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 74g protein; 6% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Ingredients:

- 1 (10 to 12) pound turkey
- 2 tablespoons dried herbs (try any combination of parsley, sage, rosemary, thyme, basil, etc.)
- 2 tablespoons olive oil
- 1 teaspoon ground pepper
- 1/2 teaspoon salt
- 2 celery ribs, washed and cut into pieces 2 or 3 inches long
- 1 large onion, washed, peeled, and quartered
- 3 cups water

Directions:

1. Thaw turkey completely. The USDA recommends thawing turkey in the refrigerator. This is the safest method because the turkey will thaw at a consistent, safe temperature. This method takes some time, so allow one day for each 4-5 pounds of weight. If the turkey weighs 12 pounds, it will take about three days to thaw. It is not safe to thaw turkey at room temperature.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw turkey.
3. Move oven rack to a low position so turkey will fit. Preheat oven to 450 degrees F. Cooking at a high heat will crisp turkey skin and help keep juices in the meat.
4. Remove turkey neck and packet of giblets from inside the turkey cavity. Use these parts in other recipes or discard.

5. Twist wing tips up toward turkey neck opening and tuck them under back of turkey. This will help the turkey stay flat during cooking.
6. Pat turkey dry with paper towels and place it on a rack in a large roasting pan.
7. Combine dried herbs, olive oil, pepper, and salt in a small bowl. Stir to combine. Spread mixture all over turkey.
8. Place celery and onion inside turkey cavities. This adds flavor while the turkey cooks.
9. Pour 3 cups of hot water into pan.
10. Place turkey and pan in pre-heated oven. Roast uncovered for 45 minutes or until skin is golden brown.
11. Carefully remove turkey from oven.
12. Use 2 layers of foil to tightly cover entire turkey. Use oven mitts to prevent burning your hands as you press foil around the turkey.
13. Return turkey to the oven. Continue roasting for 1 1/2 to 2 hours more.
14. Insert a thermometer into thickest part of the thigh without touching the bone. Turkey is done when it reaches an internal temperature of 165 degrees F.
15. Remove turkey from oven. Let turkey stand for 30 minutes, covered, before serving. Letting meat stand, or rest, for a few minutes after removing from the oven makes the meat more juicy.
16. Use a sharp knife to cut meat off the bone.
17. Refrigerate or freeze leftovers within 2 hours.



Holiday Turkey Salad

Servings: Makes 6 servings **Serving Size:** 1 cup

Recipe Cost: \$10.95 **Cost per Serving:** \$1.83

390 calories; 11g total fat; 1.5g saturated fat; 0g trans fat; 1255mg cholesterol; 180mg sodium; 21g carbohydrate; 2g fiber; 18g sugar; 0g added sugar; 51g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Ingredients:

- 1 tablespoon olive oil
- 2 pounds cooked turkey breast, cut into bite-sized pieces
- 1 cup plain nonfat Greek yogurt
- 1 tablespoon honey
- 1 (14 ounce) can pineapple chunks, drained
- 1 cup halved red grapes
- 3 chopped celery stalks
- 2/3 cup pecan halves

Directions:

1. Heat oil in large skillet over medium heat. Add turkey pieces and cook until lightly browned. Let turkey cool slightly.
2. In a small bowl, mix together yogurt and honey. Set aside.
3. In a large bowl, mix together pineapple, grapes, celery, and pecans. Add turkey. Add yogurt dressing until desired texture.
4. Refrigerate until well chilled.

Hot Turkey Salad

Servings: 12 **Serving Size:** 1 sandwich



Nutrition Facts per Serving: 350 calories; 15g total fat; 4g saturated fat; 0g trans fat; 45mg cholesterol; 510mg sodium; 30g carbohydrate; 1g fiber; 4g sugar; 0g added sugar; 22g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Ingredients:

- 1 tablespoon vegetable oil
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 can (10 ounces) low-sodium cream of chicken soup
- 1 cup fat free mayonnaise
- 3 cups cooked and shredded wild turkey meat
- 1 cup chopped celery
- 1 cup fresh sliced mushrooms, or 1 (8 ounce) can no-salt-added mushrooms, drained
- 1 cup grated cheddar cheese
- 1 cup sliced almonds
- 12 toasted whole wheat buns

Directions:

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 ½ to 3 ½ hours for 4 to 8 pounds of meat. Let meat cool in pan for 15 minutes before shredding. Mix cream of chicken soup with mayonnaise. Add turkey, celery mushrooms, cheese and almonds. Stir until well mixed. Spray a 2 quart casserole dish with coking spray. Spread turkey mixture in dish. Bake 30 to 40 minutes at 350 degrees F. Serve on toasted buns.

Source: Adapted from: "Conservation Officer's Cooking T.I.P.s" The Indiana Conservation Law Enforcement Officers



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.

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

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

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.

SO DON'T WASH YOUR TURKEY!!

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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					✓	✓
					✓	✓
					✓	✓
					✗	✗
					✗	✗

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.

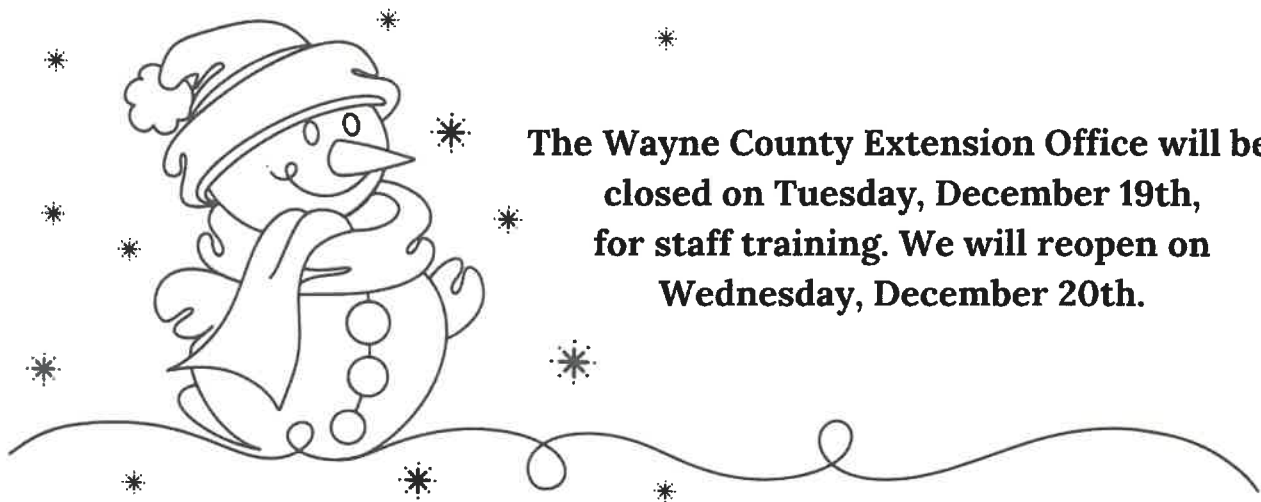
Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.





The Wayne County Extension Office will be closed on Tuesday, December 19th, for staff training. We will reopen on Wednesday, December 20th.

The Wayne County Extension Office will be closed from Monday, December 25, 2023 to Monday, January 1, 2024 for Christmas & New Year's holidays. We will reopen on Tuesday, January 2, 2024.



Debbie Shepherd

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 DS/vm



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Website:
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Wayne County Cooperative
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