

November 2024

Building Strong Families in Scott County



Martin-Gatton
College of Agriculture,
Food and Environment

Scott County
Cooperative Extension Service
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This month...



Talking Turkey



Pumpkin Apple Muffins



New Member Auction

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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Disabilities accommodated with prior notification.

SAFER *Holiday* MEALS

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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.

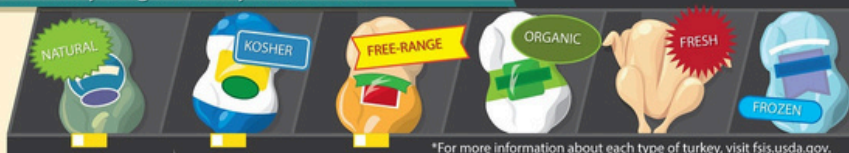
“Turkey from Farm to Table,” United States Department of Agriculture, accessed on October 1, 2018, https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/food-safety-of-turkey-from-farm-to-table/ct_index.



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

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.

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 [PregunteleKaren.gov](https://www.fsis.usda.gov) for questions in Spanish.



Pumpkin Apple Muffins

- 1 ¼ cups all-purpose flour
- 1 ¼ cups whole-wheat flour
- 1 ¼ teaspoons baking soda
- ½ teaspoon salt
- 1 ½ teaspoons ground cinnamon

- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- 1 ¼ cups honey
- 2 large eggs

- 1 ½ cups fresh pureed pumpkin
- ½ cup canola oil
- 2 cups Granny Smith apples, finely chopped

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

THIS MONTH'S **Recipe**

Health Bulletins
Scan here to read full issues!

Upcoming Dates to Remember November 2024

5th: OFFICE CLOSED

8th: Homemaker Council Meeting @ 2:00 PM

14th: FCS Book Club @ 1:00 PM

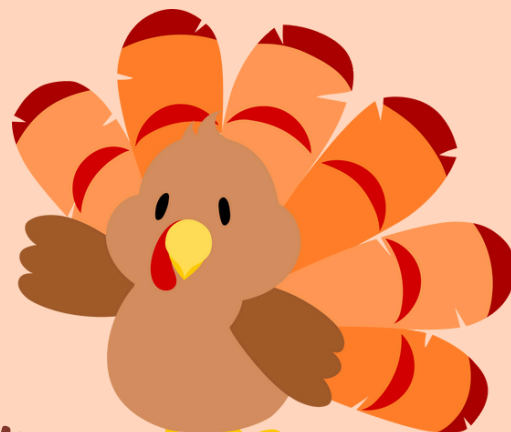
18th: Homemaker Leader Lesson @ 5:00 PM

19th: Elkhorn Creek Quilt Guild Sewing @ 1:00 PM

19th: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM

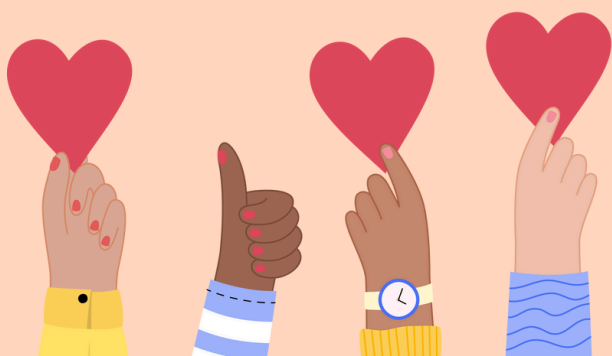
21st: Needlework Club @ 1:00 PM

28th and 29th OFFICE CLOSED



Volunteers needed

Recipes for Life will be Friday, November 15th if you are interested in volunteering please call (502) 863 -0984.



CONTEST!

Scott County Extension Homemakers will be hosting the **2025 Bluegrass area Homemaker Annual Meeting** Friday, October 17th

The Scott County Homemaker's Council is currently seeking your ideas for the 2025 annual meeting theme.

Submit you ideas by calling (502) 863-0984.

Deadline: Monday, December 2nd



Scott County Homemakers: *New Member Auction*

at the Scott County Extension Office
December 5th beginning at 5:00 PM



Details:

- Each club is responsible for providing information on new members and those who recruited the new member. You can send this information to Alivia at alivia.faris@uky.edu or call (502) 863-0984 to let us know.
- We are asking each club to provide 3-5 items for the auction.
- Please have donated items to the Extension office by Dec. 4th at 4:30 PM.
- New Members will be provided \$100 of "Homemaker Bucks" and recruiters will receive \$50 of "Homemaker Bucks" (per recruit) to use during the auction. *"Homemaker Bucks" do not have monetary value outside of this auction.*
- If you would like to help setting up or cleaning up after the auction please let Alivia know by calling (502) 863-0984.



THINGS TO KNOW

-ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES-

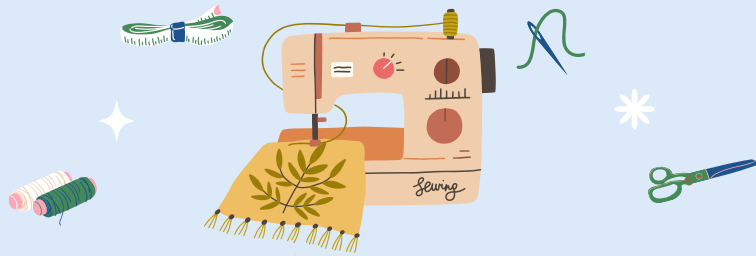
UPCOMING ADULT ◆ SEWING & QUILTING ◆ WORKSHOPS

You must sign up to participate in any of the upcoming adult sewing and quilting workshop opportunities. If there is a lack of interest classes will be postponed.

To sign up call (502) 863-0984

for question email Collene Coyle at collenecoyle@gmail.com

BEGINNING ADULT QUILTING First Meeting on Nov. 21st @ 6:00 PM	BEGINNING ADULT SEWING First Meeting on Jan. 9th @ 6:00 PM
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**Homemaker
Council
Meeting
Friday,
November
8th
at 2:00 PM**

How to get Out of a Mealtime Rut



**Homemaker Leader Lesson
Monday, November 18th @ 5:00 PM
at the Scott County Extension Office
To sign up call: (502) 863-0984**



**DON'T
MISS OUT!**

Homemaker Dues

(Non Quilt Guild Member)

Dues are **\$10.00** per person and must be received by the Extension Office no later than **November 25, 2024**.

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, returning, 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.**



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.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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, or physical or mental disability.

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

**DON'T
MISS OUT!**



Homemaker Dues (Quilt Guild Member)

Dues are **\$20.00** per person and must be received by the Extension Office no later than **November 25, 2024**.

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, returning, 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.**

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: _____

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\$1.00 Ovarian Cancer Research

\$2.50 County Membership

\$0.50 4-H Camp Scholarships

\$0.50 Scott County Student Scholarships

\$10.00 Quilt Guild Dues