

FAMILY & CONSUMER SCIENCES NOVEMBER NEWSLETTER



Happy November! This month reminds us all of what we have to be thankful for. November is also baby month for my family and we are so excited to welcome our new little blessing.

As many are starting to prepare for Thanksgiving Dinner, be sure to read through this month's reading all about the prep and safety of cooking your turkey.

Bath County Homemakers Reminders:

- Enrollment forms and dues of \$10 need to be turned into the office.
- Homemakers Book club will meet Nov. 6 at 6 PM at Willoughby's Down Home Restaurant.
- Homemaker Thanksmas Brunch is November 23rd at 10 am.

I hope you enjoy this newsletter!



Alex Sallie

County Extension Agent for
Family & Consumer Sciences



Waiting for you inside!

- **Calendar of Events**
- **Turkey Prep**
- **Meal Time Rut**

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LEXINGTON, KY 40546








Disabilities
accommodated
with prior notification.

Family and Consumer Sciences Extension Calendar

November

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise. These programs are for all community members to attend.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Election Day 	6 Paper Hugs @ 10 Homemaker Book Club @ 6 PM @ Willoughby's Hometown Restaurant	7	8	9
10	11 Sew Day @ 9:30 	12	13	14	15	16
17	18	19	20	21	22	23  Homemaker Thanksmas Brunch @ 10 AM 
24	25	26	27	28 Thanksgiving 	29 Extension Office Closed	30

Sew Day

Second Monday of every month

Time: 9:30 AM

Location: Bath Co. Ag Center



Come be join our two Master Clothing Volunteers for Sew Day!

Help is needed in making:

- Little Girl dresses that will be sent in Christmas boxes to Africa.
- Hats and Port Pillows that will be donated to local cancer patients.
- Pocket Pillow Cases that will be donated.

Volunteers needed for:

- Cutting patterns
- Iron fabric
- Stuffing Port Pillows
- & Sewing -- if you would like to learn, we can teach you!



Talking Turkey: Prep and Safety

Heather Norman-Burgdorf, Dietetics and Human Nutrition, and Anrhall 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.

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

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

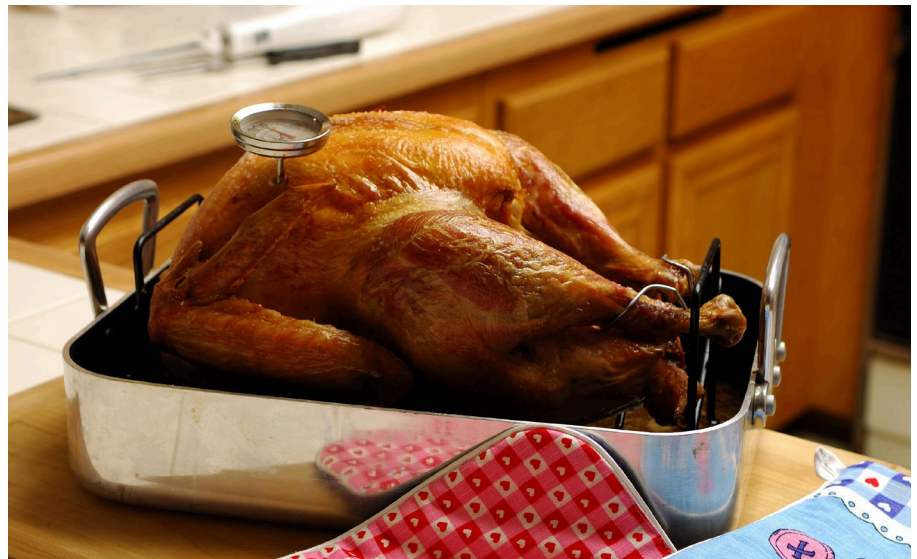
Thawing in the refrigerator is preferred. This is the safest method because the temperature never rises above 40°F. Inside the refrigerator, the turkey thaws gradually at a consistent, safe temperature.

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 counter tops.
- 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

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 ¾ cups

Ingredients

6 cups homemade turkey stock (or low-sodium canned turkey or chicken broth) 1 bay leaf 1 cup diced carrot ¾ cup chopped onion ¾ cup diced celery 2 garlic cloves, minced Salt to taste Ground black pepper ¼ 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

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

How to Get Out of a Mealtime Rut

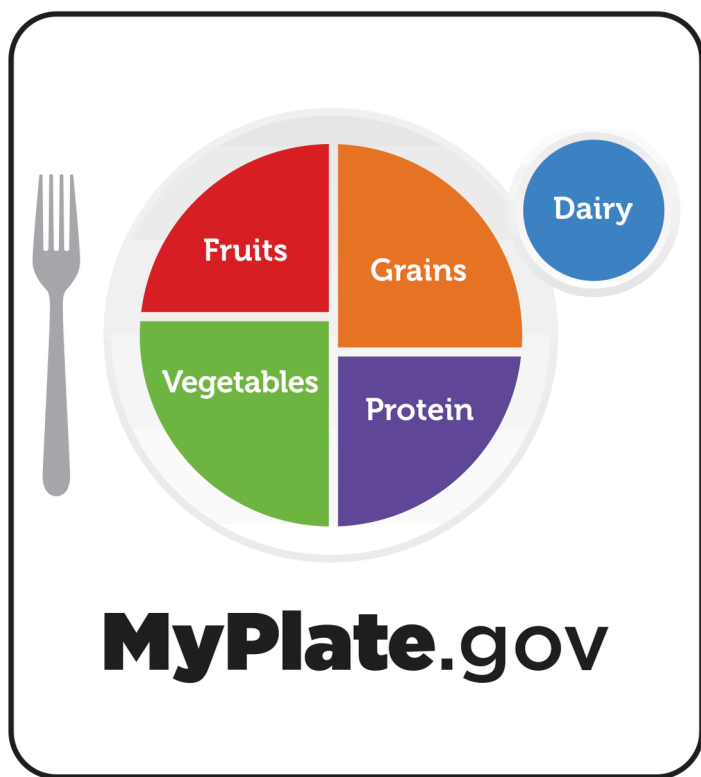
Heather Norman-Burgdorf, Dietetics and Human Nutrition, and Jean Najor, Kentucky Nutrition Education Program

When you or a family member find out what is on the

menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can’t think of the last time you were excited by your own cooking, you may be in a cooking rut. Even the most avid cooks have cooking ruts from time to time. Fear not, because these ideas will spark your cooking creativity and make meal-times more appealing!

Benefits of Home-cooked Meals

Sometimes a reminder of the benefits of cooking at home is all we need. In many studies, meals made and eaten at home were linked to higher-quality diets and better health. Home-cooked meals often have more variety, are more balanced, and include foods from all five of the food groups featured in MyPlate, a visual nutrition guide based on the USDA’s Dietary Guidelines for Americans. Studies have shown families that prepare and eat meals at home five or more times each week consume more fruits and vegetables than those who eat meals at home less than three times per week.



Aside from the health benefits of home-cooked meals, enjoying meals cooked at home benefits the family in many other ways. Home-cooked meals often result in shared family meals, which are linked to stronger family connections. When cooking at home, children are more likely to engage in the cooking process. As a result, children may be more likely to eat foods that are more nutritious when they help make the meal, and they learn cooking skills they will use as they move into adulthood. Additionally, when children see adults eating a variety of nutritious foods, they are more likely to make the same healthy choices. These are all great reasons to cook at home.

Start Simple

The easiest way to get out of a cooking rut is to build MyPlate meals. MyPlate serves as a visual guide to include all the food groups at meals. When planning your meals, refer to MyPlate to include fruits, vegetables, grains, proteins, and dairy. Including a variety of foods from all groups ensures you receive the energy, fiber, and nutrients each food group provides.

Start with a favorite family meal. This might be your regular “go-to” dish because it is easy and filling or simply a meal that your family loves. Think about that meal in terms of MyPlate. What can you add or change about the meal to make it a MyPlate meal? MyPlate can help us build satisfying meals that include a variety of nutrients and the fiber we need, helping us feel full longer. These MyPlate meals do not have to be complicated. Simple meals that are filling and nutritious are the goal.

If your go-to meal is chicken and rice, consider making a stir-fry by adding frozen mixed vegetables and a stir-fry sauce to serve over brown rice. Pair with canned mandarin oranges and a glass of milk. This meal now includes all the food groups and has more flavor and nutrition than the original.

Add Creativity and Fun to Your Meal Creations

Rely on a variety of useful tools to inspire kitchen creativity. These ideas will provide you with a new outlook when preparing your next meal that will help you break free of the mealtime rut. Approaches that encourage family involvement in mealtime decisions and preparation are a win-win.

Plan Themed Dinner Nights

Reduce decision-making by creating a standing themed dinner night each week. Taco Tuesday and Pizza Friday are nothing new. Put a new spin on these by letting a family member pick a recipe or by making something from scratch that you normally would not, such as pizza crust. Ask your family what creative ideas they have for a themed dinner. Ideas may include Slow Cooker Saturday, or Throwback Thursday with classic childhood favorites. If one night is family movie night, make a meal that relates to the movie. It helps to know each week has at least one pre-scheduled meal.

Whole-grain banana pancakes with a berry and yogurt parfait are sure to please. Use vegetables by making breakfast burritos or an egg casserole, both of which can serve as lunch the next day.

Try Breakfast for Dinner

One of the most familiar ways to vary your dinner routine is to make breakfast for dinner. Breakfast foods are often affordable and easy to make. Cooking them at dinner allows more time to make breakfast foods that are too time-consuming for morning routines. Aim to include whole grain, fruit, and protein options.

Explore the Store

It is common to purchase the same items at the grocery store from week to week. When you have time, explore the store to look at items you have never tried or new products that are available. Try buying something you enjoy but simply have never made at home, such as eggplant or parsnips. Go beyond your own store and see what other grocery stores are in your area. Explore an international market to find interesting new items and to see their versions of items you buy at your regular grocery store. You may pick up a new grocery store routine.

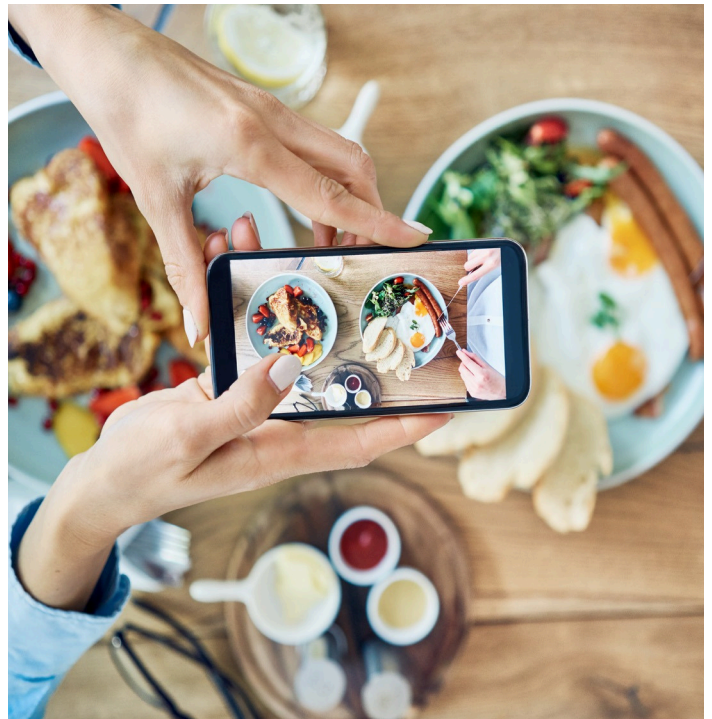
Celebrate a Food Holiday

Another easy way to decide what to make for dinner is to celebrate a national food holiday. With a simple search on the internet, you can find multiple days in the month that are food holidays. For example, March 9 is National Meatball

Day. Make a favorite meatball recipe or search for a new one you would not usually try. Each month, your family can plan which food holidays to celebrate.

Cook through a Cookbook

Grab a cookbook you have not used in a while or browse a bargain bookstore or library. Consider swapping cookbooks with a friend. Try choosing recipes you would not usually make, or discover new flavors by browsing through international cookbooks. You might be pleasantly surprised and learn a few new cooking skills in the process. Make note of what you and your family liked or disliked about a recipe and what changes you would make.



BartekSzewczyk/iStock/Getty Images Plus via Getty Images

Take Photos along the Way

Be your own source of inspiration. Take photos of your kitchen creations and make an album on your smartphone. Refer to your digital photo album when you need inspiration. This is especially helpful for meals that you threw together with items you had on hand. It is a way to recall dishes without recipes, and it reminds you of your kitchen creativity. Encourage family members to do the same and create a shared album so that everyone can get involved.

Shop Your Kitchen

Do you have boxes of pasta that have been in your cupboard for a while? Is there broccoli in your freezer that should be used soon? Go through your kitchen to find items that need to be used. Start with one or two items you want to use, and then browse your pantry for flavors that would pair

well. Consider how much time making the meal will take. If you only have 20 minutes until the meal must be served, waiting for the oven to preheat may not allow enough time to cook. Explore online resources or smartphone apps that provide you with recipes based on the food items you have on hand.

Sauce It Up

Explore using sauces in different ways. A jar of pasta sauce can be used for so much more than spaghetti. Consider adding it to vegetable soup or as an ingredient for eggplant parmesan. Use salad dressing as a meat marinade. Try using salsa in a chili recipe or on a burger for a Mexican-inspired sandwich. Mix up homemade pizza by using something other than tomato sauce as your base. For example, green salsa or very thinly sliced fresh veggies can make a great base that is “outside of the box.” Most types of cuisine have their own sauces to liven up dishes; either make your own or find a store-bought sauce to add a flavor from around the globe. You can also enhance your standard sauces simply by adding roasted vegetables to pasta sauce or crushed pineapple to barbecue sauce.

Phone a Friend

Ask family members or friends what has been on their dinner schedules lately. Co-workers might provide some clever ideas, too. If you work similar schedules, they may have recipes that fit your time constraints. Even the grocery store may be more of a resource than you realize. The butcher may provide you with valuable advice on how to prepare certain items, and you might find recipe cards if you ask.

Watch the Pros

Cooking shows are another way to get inspired to try something different or to learn a new spin on preparing a classic recipe. Simply going to a popular chef's or cooking show's website makes it even easier to get inspired. Online videos can be another source of inspiration, as many talented home chefs put content on social media.

Eat with the Seasons

If you find yourself eating the same fruits and vegetables year-round, consider eating with the seasons. A seasonal produce guide is available at your county Extension office that lets you know what is in season where you live and how to find it. Even if you use the same recipes, changing out what produce you include can make the dish feel entirely new. For example, in the cooler months, broccoli and carrots may be a great addition to a pasta dish, and in the warmer months, you could try summer squashes and eggplant. With various items being harvested locally, you will constantly have new, fresh ingredients for your recipes that will help keep you out of a mealtime rut.

Be Inspired

Cooking ruts will happen, so use these ideas for inspiration in the kitchen to create something you enjoy eating. The many benefits of making meals at home will be multiplied when you involve your family members. Together you can create and share satisfying and nutritious meals—and maybe get some help with kitchen cleanup in the process!



YelenaYemchuk/iStock/Getty Images Plus via Getty Images

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Date: _____

Enrollment Form for

_____ 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: _____

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