



NEWSLETTER

November/December 2024

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UPCOMING EVENTS

- **November 6** - Homemaker Meeting, 2:00 P.M. Peg's Place City Park
- **November 11** -Unfinished Project Day - 10:00 A.M. - 2:30 P.M. - Peg's Place City Park
- **November 18** - Manner's Program - Clearfield Elementary
- **November 19** - Manners Program - McBrayer Elementary



Peggy F. Jones
County Extension Agent for
Family & Consumer Sciences/
4-H Youth Development

November means Time Change, Cooler Weather, lots of Soups and Family Gatherings.

- Start now preparing your home for the cooler weather
- Stock your shelves with cooking staples
- Keep on hand extra bottled water
- Take your vehicle to have it winterized to be ready for the temperature change
- Cover your outside spigots
- Make sure all your outside lights are working
- Make a phone chain with friends, family, neighbors and check on them
- Take your garbage out during the daylight hours
- Eat healthy and find a great hobby to do in doors

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Disabilities accommodated with prior notification.

Thanksgiving

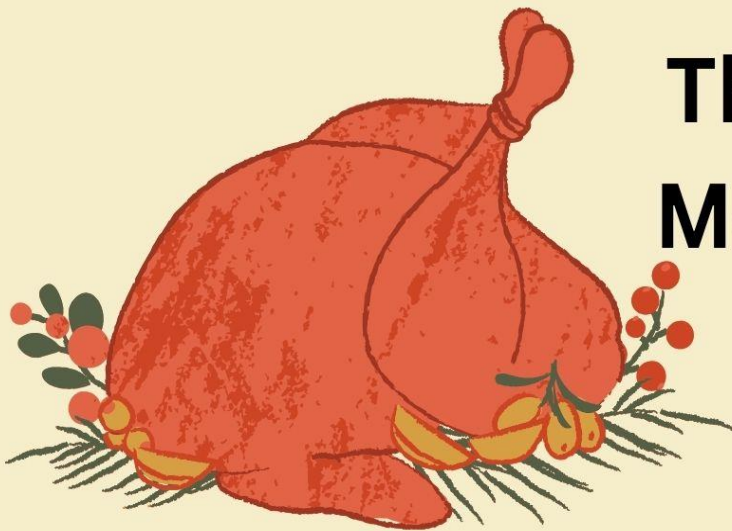
Turkey Talk: Prep & Safety

For many, Thanksgiving dinner is the largest meal prepared all year.

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

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

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 refrigerator set at 40°F. Place the bird in a large pan to collect any juices that may drip and contaminate other foods.

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 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

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. 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.

STORING LEFTOVERS

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 potpie
- Turkey casserole
- Sliced turkey sandwich

Source: UK publication “Talking Turkey: Prep and Safety”

BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.



SHOP SALES

A weather radio may also be helpful during inclement weather or power outages. Do not let price be the reason to go without. A weather radio does not have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying. Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like "10 for \$10," or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and do not buy leaking, swollen, or deeply dented cans. It is important to buy things that you and your family enjoy.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter soda bottle. Do not use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months. Do not let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances! Source:

MoneyWise Newsletter September 2024.

Basic Budget Bites - Leftovers

Using leftovers is a great way to cut down on food waste and save time. They can be a great snack, the next day's lunch, or even turned into a quick meal. You can make larger



meals earlier in the week and use the leftovers later in the week or put them in the freezer. Be careful with leftovers to make sure the food is safe when you eat it. Look at some ways you can use leftovers.

Grains

- **Rice:** Use rice to make rice pudding and fried rice, or add it to meatballs, soups, and casseroles. You can also freeze it. You should add a small amount of liquid when you reheat leftover rice.
- **Bread:** If your bread, leftover rolls, hamburger, or hot dog buns are getting a little dry, try different recipes. Croutons, toast, stuffing, breadcrumbs, or French toast are all good options. Use day-old bread to make French toast. If you have one or two hamburger or hot dog buns left in the package, use them to make cheesy toast by topping with any kind of cheese, and broiling in the oven until the cheese is melted and lightly browned. Add canned tuna for a tuna melt!
- **Pasta:** Use in a pasta salad or casserole. Freeze it for later use in casseroles, soups, vegetable dishes, or as a side dish with a sauce.

Fruit

Add leftover fruit to salads or smoothies. Mix it with yogurt, cottage cheese, or pudding. Leftover fruit is also great in baked goods such as muffins or quick breads. Overripe bananas make excellent

banana bread or muffins, or freeze them to use in fruit smoothies. You can freeze fruit juice in ice cube trays and use it for flavoring and chilling fruit drinks.

Vegetables

Use vegetables in soups, salads, omelets, pasta dishes, and casseroles. Leftover baked potatoes are great for a topping for shepherd's pie, or in potato casserole or potato soup. You can scoop out the potato pulp and use it to make twice baked potatoes. Freeze chopped raw onions, celery, or green peppers to use in soups, stews, or casseroles.

Protein

- **Baked beans:** Use in casseroles or to make chili.
- **Roasts:** Slice to make sandwiches or shred for use in tacos, enchiladas, or barbecued meat. You can also cube it and use it to make beef and noodles or freeze it for use in casseroles.
- **Steak or chops:** Slice thinly and make fajitas (cooked with onions, peppers, and fajita seasoning). Make a sandwich by topping meat with sautéed peppers, onions, and cheese. Top a tossed salad with sliced steak for a quick meal.
- **Turkey or chicken:** Use turkey or chicken in casseroles, soups, tacos, or enchiladas. You can thinly slice the meat to make sandwiches, or you can shred it to make chicken or turkey salad sandwiches. Cube it to make chicken or turkey and noodles or freeze it for later use in casseroles or soups.
- **Ham:** Use ham to make ham and cheese sandwiches (either hot or cold). Or slice, freeze, and use it later for sandwiches. Cube it and use it in casseroles or soups. *Source: Healthy Choices Newsletter September/October 2024*

SPINACH

Shop and Save

- Look for bright green, crisp, whole leaves. Bunches should have a small piece of root holding them together.
- Spinach by the bunch may cost less but buying pre-washed spinach may save you time when washing and preparing it. Check the 'Best if used by' date on packaged spinach.
- Spinach may cost less when it is in season (early spring through fall).
- Frozen spinach can be found year-round and may be a cheaper choice than fresh.

Spinach Basics

Spinach is high in vitamins A & C, iron, and folate. It's also an excellent source of fiber.



Types of Spinach

Different varieties of spinach are determined by the size and types of leaves.

Flat or Smooth leaf has spade shaped, smooth leaves, typically used in canned or frozen packages.



Savoy has wrinkled curly leaves and is typically found fresh.



Semi-Savoy is slightly curly.

Baby spinach is harvested very young while leaves and stems are thin.



Store Well Waste Less

■ Wash spinach just before using. Storing wet spinach can speed spoilage.

- Fill a bowl with cold water and swish loose leaves around.
- Let leaves sit in the water to allow dirt to settle.
- Lift leaves from water. Drain and rinse bowl.
- Repeat steps 1 through 3 until there is no grit on the bottom of the bowl.
- Pat leaves dry if needed.



■ **Keep fresh spinach in open plastic bags** in the refrigerator vegetable drawer. Plan to use within 5 days. Pre-washed spinach can be stored for up to 1 week in the refrigerator.

■ Spinach must be blanched (cooked briefly) before freezing for best quality.

■ Use frozen spinach within 10 to 12 months.

1 pound fresh spinach =

10-12 cups raw =

1 cup cooked

10 ounce package frozen =

2 1/2 cups frozen =

1 1/2 cups cooked

Protecting Your Identity During the Holiday Season

The holiday season is in full swing! It is one of the busiest times of year often juggling office and school holiday parties, gift purchasing, and family celebrations. The winter holiday season is the biggest shopping season of the year. Holiday shopping hotspots, including both brick and mortar shopping centers and online retailers, are primary targets for identity thieves.

There are simple steps that you can take to help protect yourself this holiday season (and year round):

- **Be aware of your surroundings while shopping.**

Is someone standing too close behind you in line? Is the person taking pictures with his/her cell phone? These could be signs of “shoulder-suffers” who try to take a picture or write down your credit card information from behind. To limit the opportunity of shoulder-suffers only have your credit card out while your transaction is taking place and use your hand to cover important information such as your credit card number, pin number, and name.



- **Protect your smartphone**

Smartphones are designed to put information at our fingertips. Many people use their smartphones for banking, online shopping, and to track personal information. Consider having safeguards in place on your smartphone in case it is lost or stolen, that someone will not be able to instantly gain access to all of your personal information. If your smartphone has an auto-lock, consider setting up a

and the “remember me” feature on websites can be very handy; however, they also allow a thief instant access to your personal information.

- **Shop with cash or credit.** Shopping with cash is a great way to limit your holiday spending and stay within your budget. However, some individuals may find it more practical to shop with their credit or debit card. Use your credit card instead of your debit card. Your credit card will offer additional protections if it is lost or stolen unlike your debit card.

- **Be mindful of your accounts.**

It is easy to overspend during the holiday season. Being mindful of your accounts and transactions will help you stay within your budget, and aware of any fraudulent activity. Double check your transactions to make certain that they match your purchases. Often credit card thieves will make small dollar amount purchases to make transactions on your bill less noticeable.

- **Safety first when online shopping.**

When shopping online, you enter a tremendous amount of personal information including your name, phone number, address, and not to mention your credit card information. Always make certain that you are using a personal/home computer for online shopping. Public computers, such as those at work or the public library, may store your information that someone could access later. Be certain the website you are using is secure. Once you enter into the shopping cart phase of a website, the web address should have an “s” after the http. The “s” indicates that your data will be transmitted securely. Also, be certain that you are on a legitimate retailer’s site. Knock-off websites do exist and at times it may be difficult to tell the difference from the legitimate site.

Safeguarding your identify is important regardless of the time of year. These strategies to protect your identity are easy and quick to introduce into your shopping routine, and will keep your holiday season happy and financially secure.

Source: Managing in Tough Times Family Financial Management December 2014 MoneyWise

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**HEALTHY
SLAW
RECIPE!**





Spinach Slaw

<p>2 cups chopped iceberg lettuce</p> <p>2 cups chopped red cabbage</p> <p>2 cups chopped green cabbage</p> <p>1½ cups fresh spinach</p> <p>¼ cup canola mayonnaise</p>	<p>¼ cup hummus, original flavor</p> <p>2 tablespoon local honey</p> <p>½ teaspoon garlic powder</p> <p>⅛ teaspoon salt</p> <p>⅛ teaspoon pepper</p>
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- 1. Wash, quarter, and core** lettuce, red cabbage and green cabbage.
- 2. Thinly slice** lettuce and cabbage quarters; chop slices into small pieces.
- 3. Wash and tear** spinach leaves into small pieces.
- 4. Whisk** together mayonnaise, hummus, honey, garlic powder, salt and pepper until ingredients are mixed well. **Toss** dressing with vegetables until coated thoroughly. **Refrigerate** for 30 minutes before serving.

Yield: 8, 1 cup servings.
Nutritional Analysis:
70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.



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