



BUILDING STRONG FAMILIES FOR KENTUCKY

November 2022



College of Agriculture, Food and Environment

Cooperative Extension Service
3341 Zion Road

Henderson, KY 42420

(270) 826-8387

Diabetes Alert Day Free Screening

The Henderson County Diabetes Coalition in conjunction with our office and Deaconess Clinic Wellness Solutions is pleased to offer FREE Hemoglobin A1C screenings on Tuesday, November 15, 2022. This is a great way to tell if you have prediabetes or diabetes, and there is NO FASTING needed. This will be done between the hours of 7:00 a.m. and 3:00 p.m. at the UK Extension Education and Expo Center at 3099 Zion Road. Appointments will be scheduled, and there will be a limited number of walk-in slots available. Please call the Extension Office at 270-826-8387 to schedule your appointment. Masks may be needed at the door for the safety of everyone.

Charcuterie Board Basics

Join us for a hands-on charcuterie board class for the holiday! Class will be at the Henderson County Library on Tuesday, December 6th, at 5:30 p.m. We will supply all products and practice safe food handling. Everyone will get their own supplies and board. Class is FREE but you must call the Library to sign up.

Craft & APP

Come join us on November 29th for a Craft & App.

This will be a Plate It Up Recipe & activity at 3:00 p.m. In the Extension Expo Project Room. Free Class -Call office to sign up.

Fall Cooking Class

Cooking classes are back. We will be having our first in person cooking class on November 10th at 10:00 a.m. and 5:00 p.m. In the Expo Kitchen. Please call the office to reserve your spot. Class Is FREE

2022 Cooking Thru the Calendar

We will continue our virtual Cooking Classes on November 17th at 11 a.m. via Facebook Live.

Cooking classes can be found on the Henderson County Extension Family and Consumer Sciences Facebook Page.

Welcome
November



Amanda L. Hardy

Amanda L. Hardy

County Extension Agent

for Family and Consumer Sciences

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Pumpkin Butter is a Great Fall Treat

Pumpkin butter is a fall favorite. It is similar to apple butter in that pumpkin is slowly cooked down with water or apple juice, white or brown sugar, and some spices. However, there is a big difference between pumpkin butter and apple butter. Apple butter can be safely canned in a boiling water bath canner while pumpkin butter cannot. Pumpkin butter must always be refrigerated or frozen. Fruit jams, jellies, preserves, and butters rely on the acid that is naturally present in the fruit, along with sugar, for safe food preservation. Apples are naturally acidic. Pumpkins are not. Pumpkins are a low-acid vegetable. Without the acid to aid in safe food preservation, you cannot rely on sugar alone to prevent the growth of pathogens.

Research has shown that acidity levels vary considerably even between batches of pumpkin butter made using the same recipe. In addition, there was significant difference in thickness between batches of the same formulation. No single recipe has been found to produce a consistently safe product. At this time, there are no recommendations for canning pumpkin butter and storing at room temperature. Any pumpkin butter recipes you try should be served immediately or stored refrigerated or frozen.

Easy Pumpkin Butter

- 1 can (29 ounces) pumpkin puree
- ¾ cup apple juice
- 1 cup brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground nutmeg
- ½ teaspoon ground cloves

Combine all ingredients in a large pot, and bring to a boil. Reduce heat; simmer 30 minutes or until thickened. Stir frequently. Ladle into clean containers. Serve immediately or store refrigerated.

References

National Center for Home Food Preservation <https://nchfp.uga.edu/index.html#gsc.tab=0> and <https://www.pumpkinpatchesandmore.org/pumpkinbutter.php>

Source: Annhall Norris, Extension specialist, Food Preservation and Food Safety



Cancer Support Group

If you are a cancer survivor or have a family member or friend with cancer come out and support each other. Group meets on the 3rd Monday of each month at 5:00.

Call the office for more information. In November, we will meet on November 21st at 3:00 p.m

Bingocize will take place again in January!

Watch, Listen and Follow

Tune into Lifestyles on News 25 the 2nd Tuesday of each month at 11 a.m. Listen to WSON Thursday mornings at 6:45 a.m. Follow us on Facebook-Henderson County Extension-Family and Consumer Sciences.

16th Annual TASTE OF HOMEMAKERS

Saturday, November 5, 2022

11:00 a.m. to NOON

located in the Expo Building

Homemakers are asking for donations of
toiletries and/or non-perishable food items for the local food pantries



Homemakers

Roll Call:

In November, we celebrate Thanksgiving. What is one thing you are thankful for this year?

Thought for the month:

"We must find time to stop and thank the people who make a difference in our lives." -
John F. Kennedy



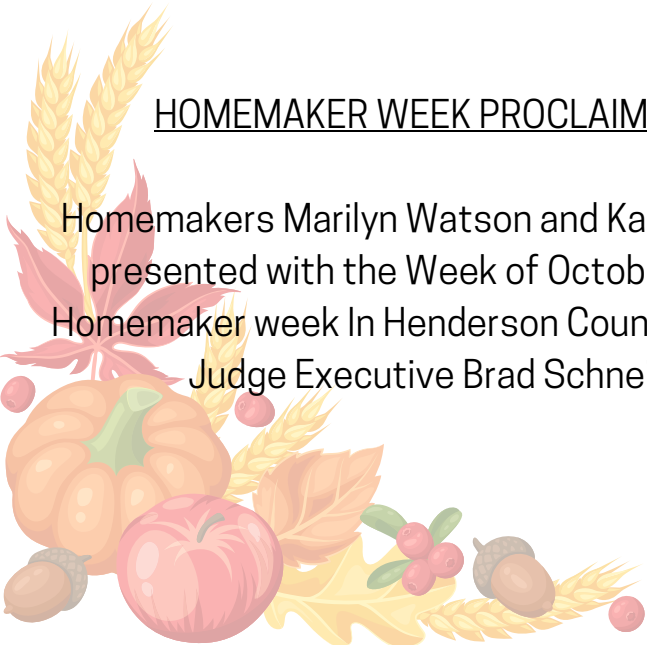
November Lesson: (Food, Nutrition, & Health Lesson)

Savor the Flavor: Cooking with Oils and Vinegars-Lesson goal is to Increase knowledge about various types of cooking oils and flavored vinegars and how to Incorporate them Into your food prep and cooking.

If you would be interested in joining a club or starting a new club, please give our office a call at 270-826-8387.

HOMEMAKER WEEK PROCLAMATION

Homemakers Marilyn Watson and Karen Hill were presented with the Week of October 9-15 as Homemaker week In Henderson County by County Judge Executive Brad Schneider.



Club Meetings

**Town and Country- 3rd Monday of each month- 6 p.m. in Expo building.
You are welcome to bring a sack lunch.**

Happy Knitters- every Tuesday at 10 a.m. in Expo Conference Room.

Niagara- will meet at Cash Creek Church Wednesday November 16, 2022 at 10:00 a.m.

Central- 2nd Thursday of each month at 11:00 a.m. in Expo Project Room.



**2023 KEHA State Meeting – May 9-11, 2023
Crowne Plaza
Louisville, KY**

**for more Information check out website:
<https://keha.ca.uky.edu/content/state-meeting-information>**

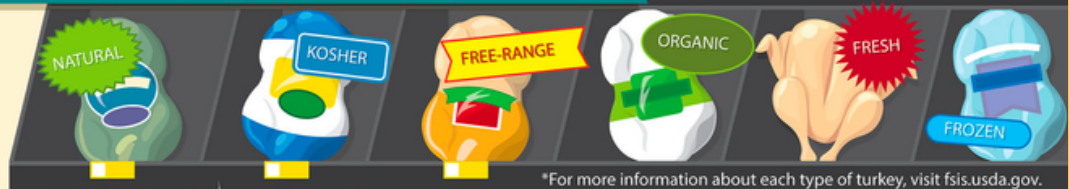




LET'S TALK TURKEY

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.

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.





Twice-Baked Acorn Squash

Wash hands with warm water and soap, scrubbing for at least 20 seconds. **Preheat** oven to 350 degrees F. **Cut** squash in half; **discard** seeds. **Place** squash flesh side down on a baking sheet **coated** with nonstick cooking spray. **Bake** for 50 to 55 minutes or until tender. **Carefully scoop out** squash, leaving a 1/4-inch-thick shell. In a large bowl, **combine** the squash pulp with the remaining ingredients. **Spoon into** shells. **Bake** at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. **Store** leftovers in the refrigerator within two hours.

Yield: 4 servings.
Serving size: 1/2 of an acorn squash.

Nutrition Analysis: 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.

- 2 medium acorn squash (1 - 1 1/2 pounds)
- Nonstick cooking spray
- 2 cups fresh spinach, chopped
- 4 strips turkey bacon, cooked and crumbled
- 1/2 cup grated parmesan cheese
- 1 thinly sliced green onion
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon nutmeg

The Extension Office will be closed on November 24th and 25th for Thanksgiving!

