

Extension's Successful Family

North Carolina Cooperative Extension, Haywood County

Winter 2014

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Let's Talk Turkey



With the Thanksgiving holiday just around the corner, many are already making plans for cooking the turkey.

Tips for Safely Thawing Turkey

Reduce Food Safety Risks by Thawing Your Turkey—One of Three Safe Ways:

1. **Refrigerator**—Allow approximately 24 hours for every 4-5 pounds. Keep the turkey in its original wrapper. Place on a tray or in a pan to catch leaking

juices. A thawed turkey can remain in the refrigerator for 1 to 2 days. If properly thawed in the refrigerator, the turkey may be refrozen if necessary.

2. **In cold Water**—Wrap turkey securely, making sure water is not able to leak through wrapping. Change water every 30 minutes. Cook turkey immediately after it is thawed. Do not refreeze.

3. **Microwave Oven**
Check your owner's manual for the size turkey

that will fit in your microwave oven, the minutes per pound and power level to use for thawing. Remove all outside wrapping. Place on a microwave-safe dish to catch juices that may leak. **Cook your turkey immediately.** Do not refreeze or refrigerate your turkey after thawing in the microwave oven.

Please Note: Thawing on the counter is not recommended because it provides an ideal environment for bacterial growth.



ServSafe®

Food Manager Food Safety Certification Class – November 13 & 17, 2014.

Please call or email for more information or to sign up for the course.

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Use a food thermometer to check the internal temperature of the turkey.

165° F

A whole turkey is safe cooked to a minimum internal temperature of 165 °F throughout the bird. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. All turkey meat, including any that remains pink, is safe to eat as soon as all parts reach at least 165 °F. The stuffing should reach 165 °F, whether cooked inside the bird or in a separate dish.

Turkey Roasting Chart		
Size of Turkey	Stuffed	Unstuffed
8-12 lbs.	2 ¾ -3 hrs.	3-3 ½ hrs.
12-14 lbs.	3-3 ¾ hrs.	3 ½ -4 hrs.
14-18 lbs.	3 ¾ -4 ¼ hrs.	4-4 ¼ hrs.
18-20 lbs.	4 ¼ -4 ½ hrs.	4 ¼ -4 ¾ hrs.
20-24 lbs.	4 ½ -5 hrs.	4 ¾ -5 ¼ hrs.

The Holiday Challenge runs from November 17 through December 31.

It's not too late to encourage a friend or family member to sign up for the 2014 Holiday Challenge with you. Friends, family, or colleagues give you extra support and accountability, leading to a greater chance of success. The more the merrier!

Start Tracking Now!

Begin tracking your food and physical activity by using a mobile app or website or by downloading our tracking logs.



Worried holiday weight gain will weigh you down?

This holiday season, the only thing that should be “stuffed” is the turkey! Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

Instead of piling on the pounds, you are invited to join the ninth annual *Eat Smart, Move More, Maintain, don't gain! Holiday Challenge*. Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season. Sign up now!

<http://www.esmmweighless.com/sign/>

The (free!) Holiday Challenge includes:

- Seven weekly newsletters delivered to your inbox with tips to
 - Host a healthier Thanksgiving
 - Manage holiday stress
 - Fit physical activity into your busy day
 - Survive a holiday party
- Daily Tips
- Mid-week Challenges
- Healthy holiday recipes
- Motivation and support from other participants
 - How you participate is up to you– share your strategies on our [Facebook](#) page, connect for more tips on [Twitter](#), and exchange holiday recipes on [Pinterest](#).
- Prizes and free gifts!

What's In Season? Winter Squash, leafy greens, sweet potatoes, apples, pumpkins!

There is a chill in the air as the leaves on the trees in WNC change from a vibrant green to a beautiful collage of fall colors. I love to see the changes and new offerings at our local tailgate markets and produce stands in the fall as well. Winter squash such as Butternut, Acorn, and Dumpling Squash

offer up many options for hearty side dishes or complete meals. Collard greens, kale and spinach are fall favorites ready to be eaten raw or combined into hearty soups and stews. Beets, apples, sweet potatoes and pumpkins round out a list of vegetables that can be served sweet or savory.

Let's not forget Broccoli, Cauliflower, Brussel Sprouts and Turnips. Of course all of these fall vegetables pack a punch when it comes to good nutrition. Check out the fall recipes in this newsletter as well as recipes at:

<http://www.theproducelady.org/>

Getting Children to Eat Fresh Produce

We all know the adage, "If at first you don't succeed, try, try again." Be creative and explore new ways to enjoy fresh fruits and vegetables. It's never too early to introduce wonderful, fresh produce into your children's diets. Who knows-you may even find a new favorite dish!



Honey-Balsamic Roasted Acorn Squash —serves 4

Ingredients

- 3 Tbsp. olive oil, divided
- 1 large acorn or 2 dumpling squash, cut into wedges.
- 3 Tbsp. balsamic vinegar
- Salt/Freshly ground black pepper
- 2 Tbsp. honey
- 2 Tbsp. minced fresh rosemary

Instructions

Heat oven to 400 degrees. Cover a rimmed baking sheet pan in foil and grease with 1 Tbsp. of oil. In a large bowl, toss the squash with the vinegar and remaining oil then season with salt and pepper. Arrange the squash wedges on the pan and roast for about 20 minutes. Turn the wedges over drizzle with honey,

sprinkle with rosemary, and roast for about 20-30 minutes more, until squash is soft and slightly caramelized.



Easy Baked Apples

Makes 2 servings

Serving size: 1 apple

Ingredients

- 2 apples
- 2 Tbsp. brown sugar
- 1 Tsp. cinnamon

Directions

Preheat oven to 350°F

Core apples. Fill center of each apple with brown sugar and cinnamon.

Bake for 20 to 30 minutes until soft.

Nutrition Information

Per Serving:

150 Calories
 Total Fat 0g
 Saturated Fat 0g
 Protein 0g
 Total Carbohydrate 37g
 Dietary Fiber 7g
 Sodium 0mg

Take your kids to a "pick your own" apple orchard, a local farmer's market or a roadside stand. They are much more likely to try something new if they are involved in the gathering & purchasing process.

We are on the Web!

<http://haywood.ces.ncsu.edu/>



Book Notes

The new 6th edition of "So Easy To Preserve" will be available at our office soon! Call now to reserve a copy. This comprehensive book on food preservation will make a great Christmas Gift.

**Safely Handling
Holiday Leftovers**

Bacteria spread fastest at temperatures between 40°F and 140°F, so chilling food safely reduces the risk of foodborne illness. Place leftovers in shallow containers. Refrigerate (40°F or below) or freeze the cooked poultry and sides dishes within two hours after cooking. Use refrigerated leftovers within three to four days.

Dehydrating Class, November 12 & 14th

Dehydrating is one of the oldest methods of food preservation. Join this class and learn tips and techniques for dehydrating at home. This hands on class will cover safely making beef jerky, drying apples, cranberries and tomatoes. We will also make fruit leather, a wonderful, sweet snack with no additives! Recipes and reliable resources will be included.

The class will be offered on two days:
Wednesday, November 12th from 5:30pm -8:30p

Friday, November 14th from 9am -12pm.
The cost of the class is \$15.00 per person.

For more information or to register for the class call 456-3575 or Email: julie_sawyer@ncsu.edu

Warmest Holiday Wishes!

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North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability or veteran's status. In addition, the two Universities welcome all people without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Bill Skelton, County Extension Director, at [828-456-3575](tel:828-456-3575), or bill_skelton@ncsu.edu, or FAX [828-452-0289](tel:828-452-0289), or in person at the County Extension Office at least 10 days prior to the event.