

Family and Consumer Newsletter

YADKIN COUNTY CENTER



Thanksgiving Newsletter



Happy Thanksgiving

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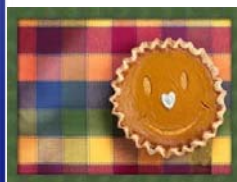


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Holiday Food Safety

The holiday season is almost here! Not only is delicious food important for our holiday feasts, but food safety should be tops on our list. Many of our holiday foods may be poultry or raw eggs, which contain salmonella that causes food borne illness. By safely thawing poultry and carefully handling raw eggs, you can keep food safe.

- ⇒ Turkeys and chickens must be kept at 40 degrees or below once it is removed from the freezer. Place on a baking pan to catch any juice while thawing to prevent cross contamination of other foods. Large turkeys may take up to 6 days to thaw safely in the refrigerator. A thawed turkey will keep for 1 to 2 days in the refrigerator.
- ⇒ Another safe method to thaw a turkey or chicken is to place the wrapped bird in a large leak proof bag. Submerge the bag in a deep container half filled with cold tap water. Add enough water to cover the bird. Change the water every 30 minutes until the turkey is thawed. Usually it takes 30 minutes per pound to thaw the turkey so it may take up to 12 hours to completely thaw with this lengthy process. This is a time consuming method and must be cooked when thawed.
- ⇒ The third method of safe thawing is in the microwave. While this method is safe, it is the least desirable due to the possible effect on the quality of the meat. Cook immediately after defrosting.
- ⇒ When purchasing, buy 1 pound of meat per person to be served.
- ⇒ For safety reasons, always wash hands, sink, and any other areas that may have come in contact with raw meat and eggs.
- ⇒ Use a meat thermometer to measure inside temperature of the breast and thigh. Cook until it reaches 165 degrees. Let the bird sit for 10 minutes before carving.
- ⇒ Refrigerate all leftovers within 2 hours. Use gravy, turkey and dressing within 3-4 days for food safety. Frozen leftovers should be used within 6 months.



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Medicare Choices Deadline Soon!



If you are considering a change in your Medicare Plans, don't forget December 7 is the deadline to sign up. If you have questions, contact SHIP, Senior Health Insurance Information Program, 855-408-1212 (toll free), Monday-Friday, 8 am-5 pm. The counselors will offer free, unbiased information on Medicare options. Call immediately for assistance.

Milk and Arthritis

Turns out Mom was always right about our dairy products. Milk has long been associated with bone health, as a source of calcium, phosphorous and, in fortified milk, vitamin D. As adults we should consume 3 cups of dairy per day for a healthy diet. A new study of 2000 participants by researchers at the Brigham and Women's Hospital and Harvard University, concluded: "Our results suggest that frequent milk consumption may be associated with reduced osteoarthritis progression in women." These participants with knee osteoarthritis increased drinking fat-free or low-fat milk and reduced their symptoms. The benefit of milk was only seen in women, however. The Arthritis Foundation advises: "Calcium rich dairy products are important in a healthy diet. Choose low or no-fat milk, cheese and yogurt."



*****ATTENTION! DATE CHANGE!*****

Yadkin ECA Planning Meeting

Attention all Yadkin ECA members! Please attend the 2015 Planning Meeting to be held in the Extension Kitchen on Tuesday, December 9, 2014 beginning at 10:00 a.m. We will discuss ideas for the coming year, distribute 2015 handbooks and receive the Calendar of Events for 2015. Everyone is invited to attend and give your fresh ideas for the coming year.

Area ECA Leader Training

The Area Leader Training will be held on Friday, January 9, 2015 at the SCC Elkin Center beginning with registration at 10:00 a.m. General session will begin at 10:30 a.m. Please encourage all members to attend to receive the first 5 Leader Lessons for 2015.

For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance of event at 336-679-2061.



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Nutritious Pumpkins

Thanksgiving is the time of year to enjoy pumpkin in a variety of ways. You can use pumpkin in breads, pancakes, puddings, cookies, smoothies, and last, but not least, the glorious pumpkin pie. Pumpkin is incredibly rich in antioxidants, vitamin A, vitamin C, vitamin E, B complex vitamins and an assortment of minerals. Pumpkin is also low in calories. Bake and freeze pumpkin meat to be used throughout the year. The following recipe is always a hit when my sister, Sherry Barker, shares it with guests

Pumpkin Pie Dessert

1 yellow cake mix
 4 eggs, divided
 ½ c. butter, melted
 8 oz. cream cheese, softened
 15 oz. canned pumpkin
 ½ c. brown sugar
 3.4 oz. pkg. pumpkin spice instant pudding
 8 oz. whipped topping
 3 T. maple syrup
 1/8 t. ground cinnamon



Preheat oven to 350 degrees F. Line a 9 x 13 pan with foil, extending over the edges. Spray foil with cooking spray. Mix cake mix, 1 egg and butter until well blended. Press into the pan. Beat cream cheese, pumpkin, sugar, dry pudding mix and eggs with mixer until blended. Pour over the crust and bake for 40 minutes. Cool. Beat together the whipped topping and syrup. Spread on the pudding when it is completely cool. Refrigerate until serving time. Sprinkle the cinnamon on the top. Use the foil to lift out the dessert and cut into squares.

Pumpkin Pie Spice Recipe

If you run out of pumpkin pie spice, make a batch up with these ingredients that you have on your shelf.

3 T. ground cinnamon
 2 t. ground ginger
 2 t. ground nutmeg
 1 ½ t. ground allspice
 1 ½ t. ground cloves



Mix all ingredients and store in a glass container.

MCW/ls

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Marilyn C. Wells

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