

Family and Consumer Sciences

UK Cooperative Extension Service
Family and Consumer Sciences

November

2024 NEWSLETTER

Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca@uky.edu

FAMILY & CONSUMER SCIENCES
Creating Healthy & Sustainable Families



Calendar of Events

Nov. 4	5pm	Homemaker Council Meeting
Nov. 5	ALL DAY	Election Day: Extension Office is Closed
Nov. 11	5:30pm	Homemaker Leader Lesson "Watch Party"
Nov. 12	5:30pm - 7:30pm	Homemade Holiday Greeting Card Class
Nov. 14	10am - 12pm	Homemaker Area Council Meeting in Woodford County
Nov. 28 and 29	ALL DAY	Thanksgiving Break: Extension Office is Closed

Jessamine County Extension Homemaker Clubs

Hearts N' Hands
First Tuesday of the month, 10 a.m.
at the Extension Office

Town N' Country
First Tuesday of the month, 6 p.m.
at the Extension Office

Happy
Second Tuesday of the month, 6 p.m.
in a member's home

Garden Club
Third Monday of the month, 1 p.m.
at the Extension Office

4-HMothers
Third Wednesday of the month,
9:30 a.m. in a member's home

Edgewood Evening
Fourth Monday of the month, 6:00
p.m. at the Extension Office

Piece Quilters
Every Tuesday, 9:30 a.m., Ag Center
Room A

Follow us Online!

****We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.**



Jessamine County Family and Consumer Sciences on ... Face book: <https://www.facebook.com/JessamineCountyFCS/>



Check out our county website for information for all program areas!
<https://jessamine.ca.uky.edu/>



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4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

Dear Homemakers,

Happy November! The crisp air and cool breeze is here! This is the month of Thankfulness and I want to take the time once again to thank you all for being so awesome and making such a great difference to Jessamine County!

I want to take a second to thank the ladies that attended the Area Annual Meeting in Woodford County in October. It was a great time and missed you all that were not able to attend. We got to celebrate our very own, Jane Ball, for all the time she has put into being our Area Treasurer. Jane passed her Area Treasurer position onto a homemaker in Garrard County, Babette Overman. We are excited for this upcoming year and too see what all will be accomplished.

Once again, I am here to any questions you may have. Feel free to reach out!

Sincerely, Sara Haag

Sara Haag

Jessamine County Extension Agent for
Family and Consumer Sciences



HOMEMADE

* Holiday Greeting Cards *



Join us on Nov. 12th from 5:30pm- 7:30pm at the Jessamine County Extension Office in the Ag Center for a fun night making our own Homemade Holiday Greeting Cards!

This is welcome to *all ages*. We ask that you tell us the ages of who will be participating when you call to register so we can prepare accordingly!

This event will be \$12. The cost covers all supplies to create 4 complete cards with envelopes! You can pay at the beginning of the class either cash, check, or Venmo! We look forward to having you!

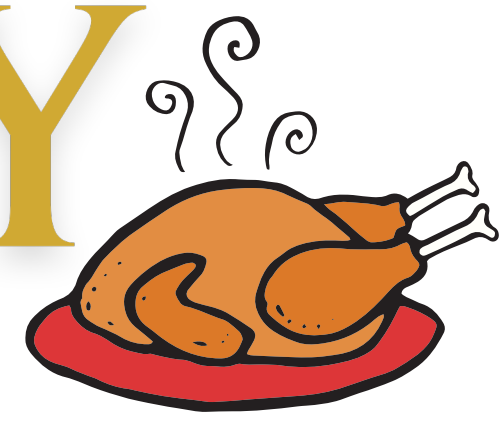


95 PARK DR.
NICHOLASVILLE, KY
40356

Please call the Jessamine Co. Extension Office to Register at (859) 885-4811. There will be a class limit of 10 people :)

hand
made
>>♥<<

ROASTING A TURKEY SAFELY



Source: Brooke Jenkins, Extension Specialist

Turkey will be center stage in many family meals this holiday season. There are a few things to keep in mind for roasting a turkey safely. First, always buy a turkey from a safe source. The local health department inspects grocery stores for safety. Food processors are inspected by the food manufacturing inspector. Permits and licenses are public records. A fresh turkey should be purchased one or two days before cooking. Fresh turkey only remains safe for one to two days in the refrigerator. Frozen turkeys may be purchased weeks in advance. But be sure to store and thaw the turkey safely, using USDA guidelines. For more information on that topic, visit the USDA website.

To roast a turkey, the oven temperature should be set at 325 degrees Fahrenheit or higher. Place the turkey breast-side up on a rack in a shallow roasting pan and tuck the wing tips under the shoulder. Add one-half cup of water to the bottom of the roasting pan. For a moist bird, a foil tent can be placed loosely over the turkey for the first one to one and a half hours of cooking time. The foil should then be removed so the turkey will brown. Another method is to place a foil tent over the turkey after it browns. For food safety reasons, it is best to cook stuffing in a casserole dish rather than stuffing the bird. Use the chart to the right to estimate roasting times. Some turkeys have a pop-up thermometer. Even so, a food thermometer should always be used to make sure the temperature inside the turkey has reached at least 165 degrees Fahrenheit. This prevents foodborne illness. Check the temperature in the innermost part of the thigh and wing and the thickest part of the breast. Insert the thermometer to the center of the muscle. Avoid touching bone. Allow the bird to rest 20 minutes before carving.

TURKEY SIZE	Approximate Roasting Time
4-8 pounds (breast)	1 1/2 hours to 3 hours
8-12 pounds	2 3/4 hours to 3 hours
12 to 14 pounds	3 to 2 3/4 hours
14 to 18 pounds	3 3/4 hours to 4 1/4 hours
18 to 20 pounds	4 1/4 hours to 4 1/2 hours
20 to 24 pounds	4 1/2 hours to 5 hours

3 WAYS TO THAW A TURKEY

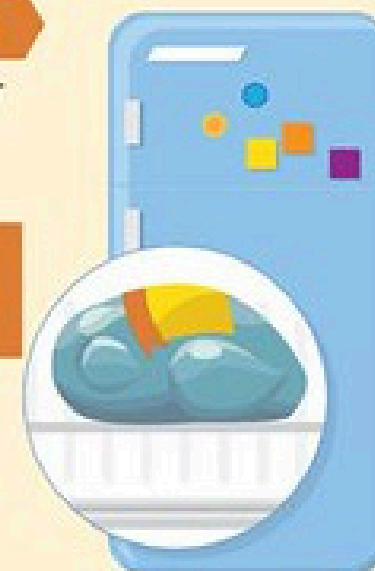
While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

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:

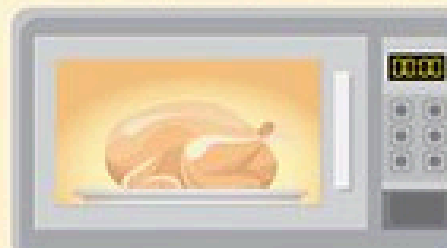
Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.

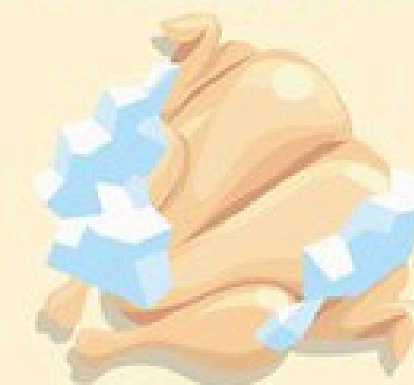


How to thaw:
Use defrost function based on weight

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

For more information on safe thawing methods, visit fsis.usda.gov





Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

Dressing

- 3 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons lemon juice
- 3/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

6. Don't overcrowd the pan or the veggies will steam instead of roast. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted. While vegetables are roasting, combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside. Divide ingredients into six servings.
8. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using. Drizzle with dressing before serving. Refrigerate leftovers within 2 hours.
- 9.
- 10.
- 11.

Makes 6 servings

Serving size: 1 cup

Cost per recipe: \$7.71

Cost per serving: \$1.29

Nutrition facts

per serving:

460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



ADULT

HEALTH BULLETIN

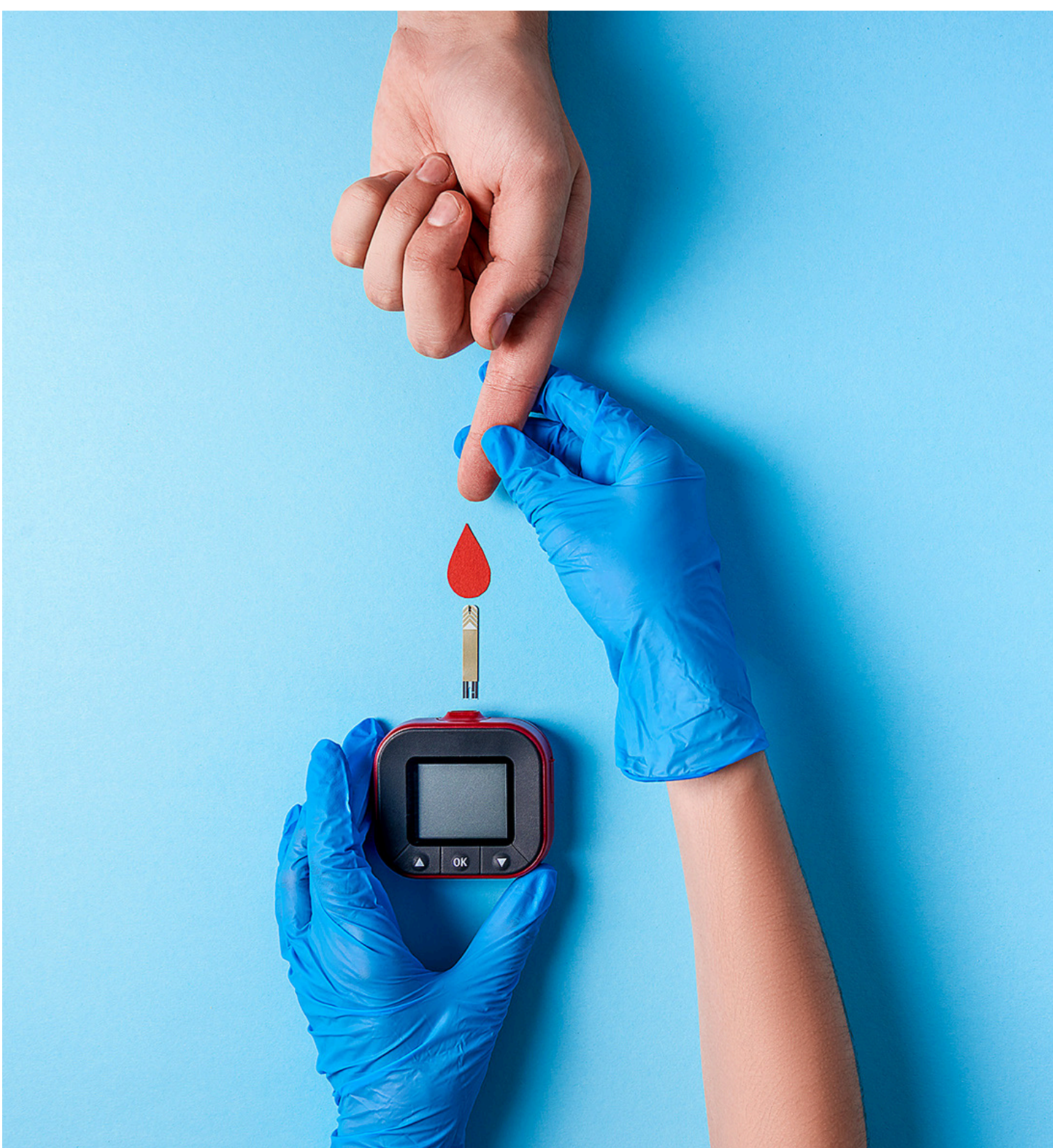


NOVEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

KNOW YOUR DIABETES RISKS



More than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health. Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

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Lexington, KY 40506



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**There is no cure for diabetes,
but you can manage
prediabetes and can even
reverse it with the right
medical care and
lifestyle choices.**

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There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

REFERENCE:

<https://www.cdc.gov/diabetes/about>

**ADULT
HEALTH BULLETIN**

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