

TEXAS A&M AGRI LIFE EXTENSION

FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



RECIPE OF THE MONTH!

Roasted Pumpkin-Apple Soup

Source: <http://www.eatingwell.com>

Ingredients:

- 4 pounds pumpkin, peeled, seeded & cut into 2 inch chunks
- 4 large sweet-tart apples (such as Cameo or Braeburn)
- 1/4 cup extra virgin olive oil
- 1 1/4 teaspoons salt
- 1/4 teaspoon fresh ground black pepper
- 1/4 teaspoon chopped fresh sage
- 6 cups reduced-sodium chicken broth or vegetable broth
- 1/3 cup chopped hazelnuts, toasted
- 2 tablespoons hazelnut oil

Instructions:

Wash your hands & clean work area before you start.

- 1) Preheat oven to 450 degrees F
- 2) Toss pumpkin, apples, olive oil, 1 teaspoon salt & pepper in a large bowl. Spread evenly on a baking sheet. Roast, stirring once, for 30 minutes. Stir in sage & continue roasting until very tender & starting to brown, 15-20 minutes more.
- 3) Transfer about one-third of the pumpkin & apples into a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven & repeat two more batches. Season with remaining 1/4 teaspoon salt & heat over medium-low heat, stirring constantly, for about 6 minutes. Serve each portion topped with hazelnuts & hazelnut oil.

Nutrition Information: Calories: 180, Total Fat: 9 g, Saturated Fat 1 g; Sodium: 525 mg, Protein: 3 g, Carbohydrate: 25 g; Dietary Fiber 6 g; Total Sugars 11 g; Calcium 62 mg; Iron 1 mg; Potassium 570 mg

Let's Talk Turkey!

Stuffing, and casseroles, and pumpkin pie, oh my! Amidst all of the yummy Thanksgiving fixings, we can't forget about the bird that acts as the centerpiece of the holiday – turkey!



During the hustle and bustle of the upcoming holiday season, we rarely ever stop to think about where our food comes from and the path it took to get on our table. Associate Professor and Texas A&M AgriLife Extension Service Specialist for the Department of Poultry Science, Craig Coufal, says that while there are few turkeys hatched in Texas, day-old poultry are brought into the state from the Midwest and Arkansas to be raised, processed and made available in local stores. The USDA reported that Texas sold approximately 70 million pounds of turkey meat in 2017 and was directly responsible for bringing over 32,000 jobs to the state.

Turkey Nutrition:

In addition to its delicious flavor, turkey is a nutrient rich food item. With each different cut of turkey comes unique fat and caloric content. Nutritional facts for 3.5 ounces of turkey breast are as follows: 147 calories, 2g fat, 6g saturated fat, 30g protein, 807mg Vitamin B-6, 39µg Vitamin B-12, 75mg Niacin, 4mg Choline, 2µg Selenium

More nutritional facts for the different cuts of turkey can be found on eatturkey.com

Safe handling of the turkey after purchase is also important, especially when it comes to preventing foodborne illnesses. Dan Hale, Texas A&M AgriLife Path to the Plate coordinator, says to remember the 3 “T’s” when handling turkey:

Thawing: If you purchase a frozen turkey, it is safest to thaw the turkey in the refrigerator. It is important to keep the turkey below 40 °F to minimize the growth of bacteria.

Thermometer: Use a thermometer to check the internal temperature of the turkey. A whole turkey is safe when cooked to a minimum internal temperature of 165°F. If you stuffed the turkey, make sure that the interior portion of the stuffing also reaches 165°F.

Timing: Refrigerating leftovers quickly helps to mitigate bacteria growth. Leftovers stored in small portions in covered containers may last up to 3-4 days. Frozen leftovers should be used within 2-3 months for best quality.

While turkey is often associated with the Thanksgiving holiday, it can also act as a perfect protein-packed dinner for any day of the week. AgriLife Extension Service’s Dinner Tonight offers a plethora of meal options with turkey as the main ingredient, including Slow Cooker Herb Turkey Breast, Southwest Turkey Bake, Turkey Chili Pie, and even Turkey Tacos with Cranberry Salsa! Recipes for these dishes can be found at: dinnertonight.tamu.edu.

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WHAT IS FCH UP TO?

Thankful! November is a time when we pause to reflect on all for which we are thankful. Here in the Family and Community Health group, just like all our Extension areas, we are truly thankful for the opportunity to serve our community through our work. **And, we are thankful for you for your support!**

Chef Plate will be making an appearance at Bradley Elementary on Nov 1, talking to kids in Coach Orlando's PE classes about MyPlate Nutrition and 5-2-1-0 (5 or more fruits and vegetables every day; 2 hours or less screen time; 1 hour or more physical activity; 0 sugary drinks).

Families Reading Every Day (FRED) celebrations will be happening at the local Head Start sites on Nov 6, 7, and 8. Each event will start at 9am with guests in each classroom reading with the students, then passing out certificates and prizes to celebrate family participation in FRED. ***We could still use some volunteers to help us out.*** If you are interested, and available one of those days, please give Jenni a call (936-539-7825) so she can get you plugged in!

Also, we are gearing up for a community wide **FRED project in collaboration with the YMCA-Conroe**, beginning Nov 19. We'll have a kick-off party and information event at the Y on Nov 13, 11-1 with a presentation at 12:12pm. You do not have to be a member of the Y to participate. If you, or a family you know, would like to be involved, call us or the Y (936-441-9622).

The **Montgomery County Behavioral Health and Suicide Prevention Task Force** has 14 workgroups that have been working hard to organize efforts to combat this devastating issue. Our staff members serve on a few workgroups. The BHSP task force and Texas A&M AgriLife will be joining forces in the spring of 2020 to host a **"Peace of Mind"** event designed to bring awareness to mental health resources and solutions.

The **All-Star Child Care provider training** will be hosted at the Brazos Center in Bryan on Sat., Nov 16. Childcare providers can earn up to 5 CEU's at this fun and educational event. Our very own Mike McBride will be presenting a session on Stress Management.

We love our volunteers! On Thurs., Nov 21, 6:30-8:00 pm we'll host a volunteer appreciation dinner when we will **TACObout** Extension! If you have helped us in any way with our programming efforts, we'd love to have your there to celebrate! RSVP to Amy or Jenni.

Our friends in Harris County are hosting a **"Healthy Holidays Harvest"** on Sat., Nov 16, 10am-1pm at the Prairie View A&M University Northwest Houston campus at 9449 Grant Road, in Houston. The cost is \$10 and will include fun and engaging sessions on diabetes management like meal planning, mindful eating, coping with holiday blues, and family fitness activities. Food, demos, door prizes and goodie bags will be provided for all. Call or email Susan Hubert, 713-274-7176 susan.hubert@ag.tamu.edu to register or for more info.

Also, on the schedule this month are club presentations for Point Aquarius Women's Club and the ABWA. We'd love to provide a presentation for your group too. We have lots to offer!

Of course, we also have our radio show on Fridays. You can listen to any past shows of **"The Extension Hour"** on our Texas A&M AgriLife of Montgomery County YouTube channel:
<https://www.youtube.com/channel/UCc6jwBJmNDBzOpvPgs7PStw>



4-H: 11/8-9 Jr. Leadership Lab; Pecans will be in week before Thanksgiving - Call to check when they go on sale to public!



Agriculture: Replacement Heifer Workshop 11/14 at 6:00 pm;
Fall Horsemanship Class 11/16 from 1:00-4:00 p.m.



Horticulture: MCMGA Open Garden Day 10/2 from 9:30-11:30 a.m.

What's Going
on in Extension
Land?

Contact: (936)539-7825 <http://montgomery.agrilife.org>

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