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Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

November 2017



**Mark Your
Calendar**

**County Extension Education
Association Meeting**

Monday, November 27, 2017
San Patricio County Extension Office

9:00 a.m. - Refreshments
Hostess → Aransas Pass EE Club
9:30 - Business meeting

Club reports will need to be turned in at this meeting.

**2017-2018 Association
Meeting Dates & Hostess Assignments**

November 27	Aransas Pass
December	no meeting
January 29	Mathis
February 26	Taft
March 26	Aransas Pass
April 30	All EE Clubs
May	no meeting
June 4	Luncheon



The San Patricio County
Extension Office will be
closed on November 23-24.

**Happy
Thanksgiving**



San Patricio County Family
& Community Health & Ag/
Natural Resources

Leadership Program Schedule

Month	Topic	Presenter
Nov.	Chocolate Rice - The Great & Healthy Grain	Dorothy Glenn & L'Ella Andrews
Feb.	Hearing Loss A Good Night's Rest is Best	Barbara Kain
Mar.	Plan to Control Your Aging Who Do You Think You Are?	Patricia Branch
Apr.	Fantastic Five The Incredible Gourd	Barbara Kain



Caladium Bulb Fundraiser



Every member is encouraged to sell as many caladium bulbs as possible to assist with the 2017-2018 Association budget.

All forms must be submitted to your Club President at your November Club meeting.

An order form is enclosed. If you need additional order forms please call the office.

Please sell, sell, sell for Scholarship Dollars & State Meeting Expenses!

Turkey Talk: Answers to Your Thanksgiving Food Safety Questions

How much turkey should I buy?

Allow for 1 to 1 ½ pounds of uncooked turkey per person. This will yield approximately 10 ounces of cooked turkey meat per person – enough for a filling meal and leftovers.

How should I handle my turkey so it's safe to eat?

- Fresh or frozen turkey will remain safe with proper handling and storage.
- Keep fresh, raw turkey cold to prevent the growth of harmful bacteria and to increase its shelf life. Select fresh turkey just before checking out at the store register. Put it in a disposable plastic bag by itself to contain any leakage that could cross-contaminate cooked foods or fresh produce.
- At home, immediately place fresh, raw turkey on a plate or tray in the refrigerator (keep temperature at 35° to 40°F) if you will use it within 1 to 2 days. Or, freeze the turkey at 0°F. Frozen turkey will stay safe indefinitely. For best quality, use it within 1 year. (If you're freezing a turkey for longer than 2 months, wrap the porous store plastic package with air-tight, heavy-duty foil, freezer plastic wrap, freezer bags, or freezer paper to prevent "freezer burn.")
- When defrosting turkey in the refrigerator, place it on a tray, platter, or large plate to contain any leakage that could cross-contaminate cooked foods or fresh produce. Then, position it on the bottom shelf of your refrigerator to prevent leakage from dripping on foods on lower shelves.
- Roast fresh turkey as soon as possible, but no later than the "use by" date on the package.
- Wash hands for 20 seconds, using warm running water and soap, before and after you handle raw turkey
- Place raw poultry on non-porous surfaces; these are the easiest to clean and sanitize. Avoid wooden cutting boards.
- Use paper towels, not cloth, to dry off turkey and wipe up juices.
- Use a sanitizing cleaner on all work-surfaces before and after turkey touches them. This assures that you kill harmful bacteria. You can make your own sanitizing cleaner by mixing 1 tablespoon of bleach with 1 quart of water. Wash counters and other surfaces with this solution, and make sure they remain wet for 10 minutes, then allow to air-dry before working on them.
- Wash all utensils that touch the raw turkey and its juices with hot, soapy water.
- If stuffing the turkey, stuff just before roasting, not the night before, as this can increase the spread of bacteria to the stuffing.
- Cook turkey (and stuffing, if it is inside of the turkey) to an internal temperature of 165°F. Use a meat thermometer to check for doneness.
- Refrigerate or freeze turkey, stuffing, gravy, broth, and other cooked foods within 2 hours after cooking. Don't let them sit out at room temperature to cool first.

How should I defrost (thaw) my turkey?

After purchase, frozen turkeys should be placed in a freezer until ready to be thawed. There are three safe ways to thaw a turkey:

1. Refrigerator: It is best to plan ahead for slow, safe thawing in the refrigerator. Your turkey will require at least a day (24 hours) for every 5 pounds of turkey weight.

Once thawed in the refrigerator, turkey can remain refrigerated for a day or two before cooking. Turkey thawed in the refrigerator can be safely refrozen without cooking, although there may be some loss of quality.

Turkey Size	Days to Defrost
8-12 Pounds	1-2 Days
12-16 Pounds	2-3 Days
16-20 Pounds	3-4 Days
20-24 Pounds	4-5 Days
24-28 Pounds	5-6 Days

2. Cold Water: This method is faster than refrigerator thawing, but requires more attention. The turkey should be in leak-proof packaging or a plastic bag. Submerge the turkey in cold tap water, changing the water every 30 minutes. It will take about 30 minutes per pound. After thawing, refrigerate the turkey and cook it promptly. Turkey thawed by the cold water method should be cooked before refreezing.
3. Microwave: All microwaves are different. Check the manufacturer's instructions for the size turkey that will fit into your oven, the minutes per pound, and the power level to use for thawing. After microwave thawing, cook the turkey immediately, because some areas of the turkey may become warm and begin to cook. Holding partially cooked food is never recommended. Any bacteria present will not be destroyed in the microwave, and the turkey may reach temperatures at which bacteria can grow while in the microwave. Foods thawed in the microwave should be cooked before refreezing.

What is the right way to use a meat thermometer?

Using a meat thermometer is the only reliable way to ensure safety and to determine the "doneness" of your turkey and side dishes.

- To be safe, food must be cooked to an internal temperature high enough to destroy any harmful bacteria that may be present.
- In fact, one of the critical factors in controlling bacteria in food is controlling temperature.

- Bacteria grow very slowly at low temperatures (40°F and below), multiply rapidly in mid-range temperatures (the “Danger Zone” – 41 - 145°F), and are killed at temperatures above 165°F. It is essential to use a meat thermometer when cooking your food to prevent undercooking and, consequently, prevent foodborne illness.
- For a thermometer to work properly, it must be placed in the food correctly. Generally, the thermometer should be fully inserted into the thickest part or center of a food.
- At least 2 ½ inches of the probe must be inserted into the food. If you are unsure of proper placement, check the temperature again in a different spot.
- If you are using an oven-safe meat thermometer, insert the thermometer prior to placing the turkey in the oven and leave it in while the turkey is roasting. Turn the thermometer so it can be read while the turkey is in the oven.
- If you are using an instant-read meat thermometer, do not leave the thermometer in the turkey during roasting; the dial may melt.
- When cooking turkey, the thermometer should be inserted into the thickest part of the thigh. It should be placed just above and beyond the lower part of the thighbone, but not touching the bone, and pointed to the breast. See photo.
- Turkey is done when it reaches an internal temperature of 165°F.
- If you are cooking turkey parts, insert the thermometer into the thickest area, avoiding the bone. The thermometer may be inserted side-ways if necessary.
- To determine if casseroles and other combination side dishes are finished cooking, place the thermometer into the thickest portion of the food or the center of the dish. Combination casseroles, such as stuffing, must reach 165°F. Egg dishes and dishes using ground meat and poultry should be checked in several places.
- If your stuffing is inside of the turkey, the center of the stuffing should be checked after the thigh reads 165°F. The stuffing must also reach 165°F.



Turkey Weight (lb)	Estimated Time for Unstuffed Turkey	Estimated Time for Stuffed Turkey
8-12	2 ¾ - 3 hours	3 - 3 ½ hours
12-14	3 - 3 ¾ hours	3 ½ - 4 hours
14-18	3 ¾ - 4 ¼ hours	4 - 4 ½ hours
18-20	4 ¼ - 4 ½ hours	4 ½ - 4 ¾ hours
20-24	4 ½ - 5 hours	4 ¾ - 5 ¼ hours
24-28	5 - 5 ¾ hours	5 ¼ - 5 ¾ hours

How long can Thanksgiving dinner sit out before it is unsafe to eat?

Thoroughly cooking food before you serve it helps kill most harmful bacteria that cause foodborne illness, but cooking’s effects won’t last forever. Serve food carefully to keep food safe:

- Discard foods that have been held at room temperature for more than 2 hours
- If you’re serving from a buffet line, use small platters for replenishing the serving table. Prepare them ahead of time and store in the refrigerator (40°F or below), or keep hot (140°F or higher) until ready to replenish the serving line.
- Never add fresh food to a serving dish or platter containing foods that have already been out for serving.
- Serve food on clean dishes – not those used in preparation – to avoid cross-contamination.

How can I keep leftovers safe?

Having leftover food for a few extra meals (or snacks) can be one of the best things about Thanksgiving. Just remember, food won’t keep forever! Store it only for a limited time and store it carefully to keep it fresh and safe.

- Debone turkey, and refrigerate or freeze all leftovers within 2 hours of cooking.
- Remove stuffing from turkey and store separately.
- Date leftovers and use within a safe time.
- Use small, shallow containers (maximum depth = 2 inches) for quick cooling.
- Don’t over-pack the refrigerator. Leave air space around containers or packages so cold air can circulate and help ensure rapid, even cooling.

How long will leftovers keep?

- Use refrigerator leftover turkey and stuffing within 3 to 4 days, gravy within 1 to 2 days, or freeze these foods.
- Remember, you can’t always smell, taste, or see bacteria. Storage time is your best guide to determine whether a food can be reheated or should be discarded. Don’t trust your senses to guide you. Food may look or smell fine, even when it’s covered with harmful bacteria.

How should I reheat leftovers?

- Heat sauces, soups, and gravies to a rolling boil.
- Microwave leftovers in microwave-safe containers, using a lid or vented plastic wrap. If the microwave doesn’t have a turntable, turn the entire dish several times during cooking time. Always stir soups, stews, stuffing, and gravies several times during cooking. And, always check for doneness with a thermometer.
- What’s microwave safe? Glass cookware, glass ceramic cookware, and waxed paper are safe for microwave cooking.
- Plastic wrap may be used to cover containers, but should not touch the food. Before using other types of containers, wraps, or paper products, check to make sure that they are approved for use in the microwave. Unapproved materials may melt, burn, or contain chemicals that can migrate into food during cooking.

Turkey Anytime: A Recipe for Turning Leftovers into Planned-Overs

White Turkey Chili

Serves 8

Ingredients:

- 1 tablespoon oil
- 1/4 cup onion, chopped
- 1 cup celery, chopped
- 4 cups cooked turkey, chopped
- 2 cans (15.5 oz.) Great Northern beans, drained
- 2 cans (11 oz.) corn, undrained
- 1 can (4 oz.) chopped green chilies
- 4 cups turkey or chicken broth
- 1 teaspoon ground cumin

Directions:

Heat oil in a skillet over medium heat. Add onion and celery, cook and stir 2-3 minutes. Place all ingredients in a large saucepan (at least 4 quarts). Stir well. Cover and cook about 15 minutes over medium heat stirring occasionally until thoroughly heated.

Turkey Stew

Serves 4

Ingredients:

- 2 teaspoons vegetable-oil
- 1/2 cup chopped onion
- 1 finely chopped garlic clove or 1/2 teaspoon garlic powder
- 4 chopped carrots
- 2 chopped celery stalks
- 2 chopped potatoes
- 1 can (15 ounce) tomatoes, diced
- 2 cups water
- 2 cups chopped, cooked turkey
- Italian seasoning or oregano, basil or thyme to taste
- Salt and pepper to taste

Directions:

Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir two minutes. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated. Season to taste before serving.

Turkey and Cranberry Salad

Serves 4

Ingredients:

- 1 1/2 cups turkey, cooked and diced
- 1/4 cup vinaigrette dressing
- 1 cup dried cranberries or cherries
- 2 tablespoons sliced almonds
- Lettuce leaves

Directions:

Toss chicken, cranberries, and almonds with dressing. Serve on a lettuce leaf or mound of chopped lettuce.

Stuffed Peppers with Turkey & Vegetables

Makes: 3 peppers

Ingredients

- 1 cup cooked rice (white or brown)
- 3 bell peppers (green, red, or yellow)
- 10 ounces ground turkey (half a 20 ounce package)
- 1 teaspoon Italian Seasoning (or basil and oregano leaves)
- 1 teaspoon garlic powder or 4 cloves garlic, minced
- 1/4 teaspoon each salt and pepper
- 1/2 onion (about 1/2 cup)
- 1 cup sliced mushrooms
- 1 chopped zucchini (about 1 cup)
- 1 can (14.5 ounce) diced tomatoes with liquid

Directions

1. Cook the rice or prepare instant rice according to package directions. Preheat oven to 350 degrees.
2. Cut the peppers in half from top to bottom. Remove the stem and seeds.
3. In a large skillet over medium heat (300 degrees in an electric skillet), cook the turkey until no longer pink. Add seasonings during last few minutes.
4. Add onion, mushrooms, and zucchini to the skillet. Add a small amount of oil, if needed. Saute until tender.
5. Mix in the tomatoes and rice. Remove from heat.
6. Fill the pepper halves with the skillet mixture.
7. Cover the baking dish with foil. Bake at 350 degrees for 40 to 50 minutes or until peppers are tender when poked with a fork.
8. Refrigerate leftovers within 2 hours.

TEXAS A&M AGRI LIFE EXTENSION

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Return Service Requested

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Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

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