

Extension's Healthy Family Newsletter October 29, 2018

Sewing for the Holidays

Adult sewing classes will continue with a focus on holiday gift giving. The adult sewing class dates and topics will be as follows:

- **Table Runner** - Monday, November 5, 10am-5pm
 - Supplies needed: Fabric A: Focal – 9 inches or 24 inches for wider version. Fabric B: Accent & backing- 18 inches or 24 for wider version. Thread. No cost. (bring a bag lunch)
- **Apron** - Monday, November 19, 1-5pm – Please call or stop by the office and we will give you pattern & fabric information.
- **Christmas Stocking** – Monday, November 26, 10 am-4 pm
 - Supplies needed: 2/3 yd outer fabric, 2/3 yd lining fabric. Thread and batting will be provided. Cost: \$3.00 (bring a bag lunch)
- **Open Sewing Lab**– Tuesday, November 27, 10am – 2pm
- (finish your table runner or work on other personal projects)

Canning for the Holidays

- **Apple Pie Filling Class** -Tuesday, November 20, 10 am - 2pm
Learn to make a beautiful jar of apple pie filling using the hot water bath method to safely preserve the filling. We will also take on making the perfect pie crust to pair with the filling. Cost: \$5.00

Cooking for the Holidays

- **Knife Skills Class** -Tuesday, November 6, 4-7pm **or** Wednesday, November 7, 10am-1pm
This class will focus on how to safely and efficiently use knives for meal preparation. Participants will divide into groups and practice knife skills as they prepare a delicious healthy meal. Cost: \$5.00
- **Holiday Fun**- Wednesday, December 12, 10am-2pm. We will first focus on a healthy one pot meal that can simmer and stew while we then explore and experiment with some favorite Holiday food traditions.
Cost: \$5.00

NC Safe Plates Food Safety Manager Certification -This class prepares participants for the National Registry of Food Safety Professionals Exam. Passing the exam gives you the certification needed to meet the requirements of the North Carolina Department of Public Health as well as the North Carolina Food Code. The two-day class will be held on Wednesday and Thursday, December 5 and 6 from 9am -5pm with a one-hour break for lunch. The exam will be on Friday December 7, from 9am -12 noon.
Cost \$125.00.

Holiday Food Preparation and Safety - Questions and Answers:

It's time to start thinking about and planning your holiday meals. When cooking for a larger group of people than normal which often includes an 8-15-pound bird, it never hurts to review some important food safety information and develop a plan to keep your holiday meals and guests safe. Check out the following Q and A

Q. *How many pounds of turkey will I need for 8 people*

- A. The National Turkey Federation recommends $\frac{3}{4}$ -1 pound of uncooked turkey per person. Depending on how many leftovers you prefer, an 8-12- pound turkey would be plenty for 8 people as well as some leftover turkey sandwiches.

Q. *How much time should I allow for thawing my turkey?*

- A. The USDA advises that for every five pounds of turkey, allow 24 hours in refrigerated temperatures for adequate and safe thawing. A 15-pound frozen bird will take 3-4 full days to thaw in the refrigerator. Plan the date of purchase and allow enough refrigerator space for thawing. If you are rushed for time, thaw in cold water making sure water is not able to leak through wrapping. Change water every 30 minutes. The turkey will take about 30 minutes per pound to thaw. Refrigerate at 40°F or below or cook turkey immediately after it is thawed. Do not refreeze uncooked, defrosted turkey.

Q. *Is it safe to stuff my turkey?*

- A. If you choose to stuff your turkey, stuffing should be prepared and stuffed into the turkey immediately before it is placed in the oven for roasting. Stuff the turkey loosely with about $\frac{3}{4}$ cup of stuffing per pound of turkey. The internal temperature at the center of the stuffing as well as the turkey should register 165°F whether it is inside the bird or cooked in a separate dish. For more information: Contact the USDA meat and Poultry Hotline: 1-888-674-6854 or www.askkaren.gov.

Q. *What should the final temperature of my turkey be?*

- A. A whole turkey is safe cooked to a minimum internal temperature of 165°F throughout the bird. Check the internal temperature in 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.

Q. *Is it safe to cook a turkey overnight at a low temperature?*

- A. It is **not** safe to cook any meat or poultry in an oven set lower than 325°F. At lower oven temperatures. Meat stays in the danger zone (40°F - 140°F) for **too long**.

Q. *What is the best thermometer to measure the temperature of the turkey.*

- A. It is recommended that a **digital sensitive tip** thermometer be used to temp your turkey as well as other meats you prepare for yourself and your family. These thermometers are readily available at grocery stores, hardware stores, and online as well as big box stores.

Q. **How long is it safe to let food sit out without temperature control?**

A. 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 at 40°F or below or freeze leftovers within two hours after cooking. Use refrigerated leftovers within three to four days.

What's in Season? Kale!

The following recipe has been a hit with several groups I have demonstrated for this fall. This quick and easy salad will be a nice addition to any meal this season.

Kale Salad

Serves 8

Ingredients

- > 1/4 cup of olive oil
- > 2 tablespoons white vinegar
- > 3 tablespoons white sugar
- > 1 1/2 tablespoons soy sauce
- > 2 bunches baby kale, cleaned and chopped
- > 3 green onions, sliced
- > 1/8 cup slivered almonds, toasted
- > Half of a 5-ounce container chow mien noodles
- > Optional: bacon crumbles as desired

Instructions

1. In a glass jar with a lid, add the olive oil, vinegar, sugar and soy sauce. Close the lid and shake until well mixed.
2. Combine the kale, green onions, almonds, chow mien noodles and bacon crumbles (if desired) in a salad bowl. Toss with the dressing. Serve immediately.

Substitutions

- > The kale can be substituted with around 4 cups of other leafy greens, such as Bok choy, spinach or lettuce.
- Storing Bok Choy
- > Store the greens in a plastic bag in the refrigerator crisper, where it will keep for up to a week.

I look forward to seeing you at one of my fall classes. Have a wonderful Holiday Season!

Best Regards,

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