

November 2022

Building Strong Families in Scott County



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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This month...



Savvy Holiday Shopping



Cushaw Pie Recipe



Homemaker Enrollment Form

FCS Today

HOLIDAY ONLINE SHOPPING SAVVY

Source: Annhall Norris, food preservation extension specialist

Tailgating The holiday season is quickly approaching, and many of us are going to shop online for at least some of our holiday purchases. Being smart when and where you shop online this holiday season can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection can make you an easy target for cyber thieves who can steal your credit card information.

Remember public internet connections are not

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Sincerely,

Alivia Faris

Scott County Extension
Agent for Family and
Consumer Sciences



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

PROTECT *yourself* ONLINE



Continued from Page 1

always secure, even if you are on your own device, and the public network's security software may not always be up to date. When buying online, look for a padlock symbol on the page and shop from sites that start with an <https://> web address. The "s" after "http" shows that the website encrypts your information as the transaction is processed.

Use credit cards instead of debit cards to make purchases online. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent charges made online. Review your statements and report any suspicious transactions to your credit card company. You also can request a free credit report from the three credit reporting agencies Experian, TransUnion or Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device to keep it up to date with the latest security features. This includes updating apps, browsers and your operating system. Password protect your home connection to keep your personal internet network secure.



Upcoming Dates to Remember

November

2022

1st: DPP @ 5:30 PM

2nd: Home Safety Day @ 10:00 AM

3rd: Rug Hookers Meeting @ 10:00 AM

3rd: Adult Advanced Quilt Class @ 6:00 PM

4th: Elkhorn Creek Quilt Guild Sewing Retreat @ 9:00 AM

10th: Homemaker Leader Lesson @ 12:00 PM

10th: FCS Book Club @ 1:00 PM

10th: Part 2 Beginning Adult Sewing @ 6:00 PM

(enrollment has closed for the Part 2 beginning adult sewing class)

12th: Elkhorn Creek Quilt Guild Sewing Retreat @ 9:00 AM

14th: Homemaker Council Meeting @ 2:00 PM

15th: Elkhorn Creek Quilt Guild @ 6:00 PM

17th: Needlework Club @ 10:00 AM

17th: Part 2 Beginning Adult Sewing @ 6:00 PM

(enrollment has closed for the Part 2 beginning adult sewing class)

24th and 25th: OFFICE CLOSED - Happy Thanksgiving

28th: Elkhorn Creek Quilt Guild Sit and Sew @ 9:00 AM

Cushaw Pie

2 cups cooked and
mashed cushaw
squash
¼ cup butter
¼ cup sugar

½ cup brown sugar
2 eggs
1 teaspoon lemon
extract
1 teaspoon vanilla
extract

½ teaspoon nutmeg
¼ teaspoon ground
cinnamon
1 9-inch graham
cracker pie shell

1. To prepare squash: Wash and remove rind from the squash. Cut flesh into 1 inch squares.

Steam squash cubes until tender. Drain and mash.

2. Preheat oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars. **Add** eggs, lemon extract, vanilla extract, nutmeg and cinnamon. **Mix** until smooth.

3. Pour mixture into pie shell.

4. Bake 15 minutes at 400° F.

5. Reduce oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.

Yield: 8 slices

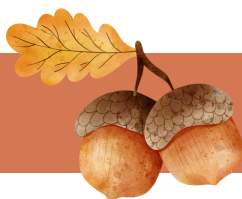
Nutritional Analysis: 250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33g carbohydrate, 1 g fiber, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -

A background image for the office closure notice showing various pies, including a pumpkin pie, and several red apples on a wooden surface.

OFFICE CLOSED
Reminder:
The Scott County
Extension Office will be
CLOSED on November
24th and 25th

A graphic for a holiday open house featuring a white card with cursive text, surrounded by green pine branches and a nut.

*Holiday
Open House*
**Scott County
Extension Office**
December 15
Beginning at 5:00 PM

**HOME SAFETY
DAY**

We will focus on radon but will also feature speakers from health department, fire department, and more!

Wednesday, November 2nd
10:00 AM
**at the Scott County
Extension Office**

A graphic of three stylized human silhouettes in white, positioned behind the text for Home Safety Day.A background image for the homemaker council meeting showing three people sitting around a table in a meeting setting.

**SCOTT COUNTY
HOMEMAKER COUNCIL
MEETING**

Monday, November 14th
**2:00 PM at the Scott
County Extension Office**

**WHAT IS THE
NEEDLEWORK CLUB?**

Do you enjoy hand work? Do you enjoy spending time with friends who share your same interest? Maybe the Needlework Club is for you. Why don't you give us a try?

This group meets once a month on the third Thursday at 10am in the North Room of the Extension building. We have the room booked until noon but you may come late, leave early, or enjoy the entire time. Bring something to work on or just stop in to see if we are a good fit!

Needlework is crochet, knitting, needlepoint, hand piecing and quilting, slow stitching, tatting, embroidery, just to name a few! If you need help with a project there may be an individual who can help or provide a referral.

To join all you need is your Homemaker membership. Consider giving us a try. For more information contact Earlene Arnett.
earlene.arnett@gmail.com or
502-316-4007

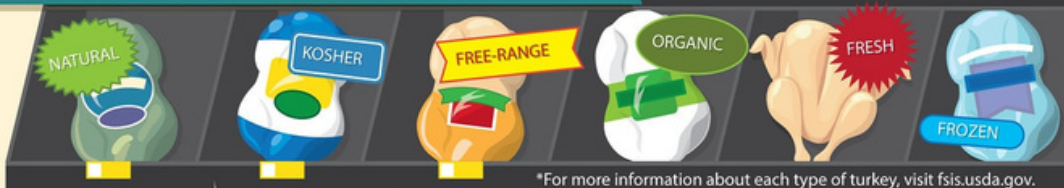
A background image for the Needlework Club section showing a close-up of hands working on a craft project, possibly crocheting or knitting.



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

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

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

DID YOU KNOW?

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

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.



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How long does it take to thaw my turkey?



Turkey Size



In the Fridge



In Cold Water

4-12 Pounds

1-3 Days

2-6 Hours

12-16 Pounds

3-4 Days

6-8 Hours

16-20 Pounds

4-5 Days

8-10 Hours

20-24 Pounds

5-6 Days

10-12 Hours

Preparing deer this holiday Season?

Try this recipe and find more using this QR Code



Cook Wild KENTUCKY

Roast Venison

Roast Venison

- 4 pounds venison roast
- 1 teaspoon salt
- 2 tablespoons flour
- 2 tablespoons oil
- ¼ teaspoon garlic powder
- 1 onion, sliced
- 2 tablespoons brown sugar
- ¼ cup lemon juice
- 4 cups low-sodium canned tomatoes
- ¼ teaspoon browning sauce, if desired

Season roast with salt and roll in flour. Brown on all sides in hot oil in a heavy skillet. Place in a slow cooker and add remaining ingredients. Cook on low for 10 hours or on high for 6 hours.

Leftovers ideas: cold sandwiches, heated in barbecue sauce for hot sandwiches, or diced into soup or stew.

Yield: 12 servings


Adapted from Venison Recipe Collection, Compiled by Becky Nash, Extension Agent for Family and Consumer Sciences

Nutrition Facts	
12 servings per container	
Serving size 5 ounces (255g)	
Amount per serving	
Calories 250	
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 300mg	13%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 5mg	30%
Potassium 498mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

THANKSGIVING

MENU CALORIE COMPARISON

 College of Agriculture,
Food and Environment
Family and Consumer
Sciences Extension

Main Dish	3 1/2 oz. Roasted Turkey	240 calories per serving
	3 1/2 oz. Baked Ham	308 calories per serving

Standard Recipes

Sides Calories per serving

Clam Chowder	504
Sweet Potato Casserole	438
Green Bean Casserole	264
Mashed Potatoes	212
Cranberry Salad	293
Macaroni & Cheese	421
Corn Pudding	257
Roll with butter	150
Pumpkin Pie	374
TOTAL	3,416
TOTAL with turkey alone	3,108

Plate it up! KY Proud Recipes

Sides Calories per serving

Broccoli Chowder	180
Sweet Potato Crisp	240
Green Bean Medley	150
Turnip Tater Mash	50
Very Berry Salsa	40
Noodles Florentine	206
Country Ham & Broccoli Grits	120
Sweet Potato Biscuit	100
Cushaw Pie	250
TOTAL	1,884
TOTAL with turkey alone	1,576



Find these recipes and more here!



Leader lessons will be prerecorded this year. Join us at the Scott County Extension Office for lesson lunch n' learns. We will watch the videos, present demos, and enjoy refreshments.



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SCOTT COUNTY HOMEMAKER LEADER LESSON SCHEDULE 2022-2023

All Lessons will be hosted at the Scott County Extension Office

AUGUST

Aug. 2nd
at Noon

SEPTEMBER

Sept. 20th
at Noon

OCTOBER

Oct. 15th
at Noon

NOVEMBER

Nov. 10th
at Noon

DECEMBER

No Lesson

JANUARY

Jan. 12th
at Noon



A note from your Agent

Hello Homemaker Members!

We are starting a new Homemaker year and I am excited for all of the wonderful things we will do together in the coming months.

I would like to get to know each of you better this year by attending your club meetings.

Please reach out to me at (502)863-0984 or alivia.faris@uky.edu with your club meeting date and location that you would like for me to attend.

Hope to see you soon!

Alivia





Dues are \$10.00 per person and must be received by the Extension Office no later than **November 30, 2022**. Please make checks payable to Scott County Extension Homemakers. Dues may be dropped off at the office or mailed to: Scott County Extension Office, 1130 Cincinnati Rd. Georgetown, KY 40324. Please note this **form MUST** be included with all dues - for all new, old, regular and mailbox members.

Date: _____

**Enrollment Form
for**

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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Where do my dues go?

\$5.00 State Dues

\$0.50 Area Membership

\$1.00 Ovarian Cancer Research

\$2.50 County Membership

\$0.50 4-H Camp Scholarships

\$0.50 Scott County Student Scholarships