

Magoffin County Cooperative Extension Service Newsletter

November & December 2008

**Cooperative Extension
Service**

Magoffin County

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Agent's Comments



Season's Greetings!

Along with the cold weather, Thanksgiving and Christmas are just around the corner! Are you ready!?!?

We've worked to cover several different topics in this edition to try and help you prepare! For instance, included is information on how to care for your strawberry plants during this cool time of year.

Traditionally, this also the time of year that family chefs fill their kitchens with great holiday foods.

With that in mind, provided is information on baking delicious and healthful hams and turkeys!

Check out our new photo gallery to see if you've been caught on camera! If we missed you this time around, hopefully we'll get you soon!

As always, if you'd like more information on anything you've read or are interested in topics we haven't touched on, let us know.

Don't forget to check out our featured

recipe...glazed fall vegetables!

Sincerely,

Russell Sparks, CEA
for Ag/Natural Resource

Brooke Jenkins, CEA
for Family/Consumer
Sciences

Dora Webb, CEA for
4-H Youth Development

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Welcome Dora Webb!

Dora recently joined the Magoffin County Extension Office staff as the new agent for 4-H Youth Development! Dora hails from Knott County, Kentucky and is a graduate of Eastern Kentucky University. She comes to us with great enthusiasm and wonderful ideas for working with our county's youth! We welcome your help in making her feel at home!





Pruning Maples By: Russell Sparks



Last year several people contacted me for information concerning the proper time to prune maples after the proper time had already passed. Most trees should be pruned in February or early March but not maples. The proper time to prune maples is as soon as all the leaves drop off in the fall and before the sap starts to flow in late December or early January. One year it started to flow before Christmas break when I had planned to prune some maples so it does depend on the season. Maples are in a group of trees called bleeder trees because if the sap is up and the tree is cut the sap runs and drips everywhere. This bleeder tree type sap flow is how they collect the sap of maple trees for the

processing of maple syrup.

The second best time to prune maples is just after they have completely leafed out in the spring. It is harder to select branches that need to be thinned out when you can't see the branches for the leaves. Early spring pruning does allow the tree to immediately start the healing process after pruning which has its advantages for the health of the tree.

Shade trees should never be dehorned or pruned way back in size. Shade tree pruning should be a branch selection process when the tree is young. If a tree must be dramatically reduced in size you should seriously consider going ahead and cutting it completely down.

You should then replace it with a tree that grows to a smaller adult size that will fit the space you have for it to grow. We have several publications at the extension office to aid in the selection of recommended trees according to their mature size. Some of the utility companies have started removing large trees free and providing new smaller trees to plant under the utility lines this is a big money saver for the homeowner and the utility company.



Strawberry Mulching By: Russell Sparks

Straw mulch is extremely important to good strawberry production. The straw protects the plants from the freezing and thawing action of the soil that breaks the roots of the plant, the straw protects the flower buds that can be killed when the temperature gets 12° F to 18°F and delays early flower production in the spring needed to avoid killing frosts. Having a good layer of straw around the plants after bloom also helps keep the weeds under

control, helps keep the berries clean and helps conserve moisture. Wheat straw is better than oat, rye and barley straw but all the small grain straws will work. If you can get weed seed and grain free straw it is the best to use as mulch. You can reduce the amount of seed in the straw by purchasing it in October or November and letting the bales get wet and the seeds sprout before moving it back into the dry to store until time to use the straw. A forty

pound bale should cover about 100 foot of row.

The proper time to mulch strawberries is not a set date because we want it to get cold and stay cold before you apply the straw mulch. If it is put on too early the straw mulch will cook the plants on a really hot day. You should wait until the temperature is expected to be about 20°F before adding the straw. Most seasons 20°F usually don't occur in Magoffin County until mid to late

Strawberry Mulching Continued

December. One year I had to wait until January. Straw should be applied as a very loose cover that just barely covers the leaves of the plants. You can apply it thicker between the rows for an excellent way to control winter annual weeds especially chickweed. Having the

extra straw nearby also helps in the spring when you remove part of the straw and a heavy frost is forecast then you can use it to help cover the plants back up with to avoid frost damage.

Traditionally the extension office takes group orders

for strawberry plants and apple grafting rootstock starting in January. For more information contact our office at 349-1236 in January.



Join Us!

Magoffin County Extension Homemakers are now collecting dues for the year. You are welcome to be part of our organization! We welcome women and men of all ages and interests. We have four active clubs you can join or you can be a mailbox member. We are also always interested in starting new clubs with groups of friends, neighbors and families.

Extension Homemakers are community volunteers, leaders, and lifelong learners. We are friends who join together for fun, projects, and activities to improve ourselves and the community. There is something for everyone in Extension Homemakers.

To find out more about our projects for the year or how to contact a club, contact the Magoffin County Extension Office. Or to pay your dues, which are only \$8 for the year, stop by the office! Dues must be paid by November 20.

Magoffin County Extension Homemakers





Ham & Turkey for the Holidays!

Submitted by: Brooke Jenkins

HAM FOR THE HOLIDAYS

Ham is second only to turkey, and a close second at that, when it comes to most popular holiday entrees. In some parts of the country and on some holidays, ham might even be number one. This versatile cut of meat lends itself to a variety of styles and is sure to provide many wonderful leftovers.

When selecting, remember that varieties include boneless, canned (also boneless), bone-in (another version is semi-boneless) and country-style ham. Packaging may be canned, plastic wrapped or vacuum packaged. Cheesecloth-like material is usually used with country ham. It is important to refrigerate plastic wrapped and vacuum-packed hams. Read the label for refrigeration instructions. Check vacuum-packed hams for a date. The use-by date is the last day by which the ham must be cooked. The sell-by date is the last allowed date of sale. The ham should be cooked within one week of the sell-by date. Choose the ham you want based on cost and flavor preference.

To get the most value, look at the yield and *cost per serving*. You should get four to five servings per pound from a boneless ham and two to three servings per pound for bone-in varieties. The cost per serving equals price per pound divided by the number of servings per pound, for example: 1.99/lb. ÷ 3 servings/lb. = 66¢/serving.

Before preparing, check the label for the words "fully cooked" or "cook before eating." A fully cooked ham may be served cold or warmed to an internal temperature of 140° F. A cook-before-eating ham should be cooked in a 325° F oven to an internal temperature of 160° F. Country ham may be baked in a slow 300° F oven to an internal temperature of 170° F. Another method is to simmer it in a pot until the internal temperature reaches 160° F. Allow the ham to stand in the broth until the liquid is cool. After cooking, remove the skin and glaze with your favorite recipe.

TRADITIONAL HAM ROASTED AT 325° F.			
		Weight (lbs)	Minutes/Pound
Bone-In	3 to 4	17 to 33	
		4 to 6	18 to 25
		8 to 12	15 to 18
Boneless	7 to 8	18 to 25	
		14 to 16	15 to 18

COUNTRY HAM COOKED IN LIQUID	
Weight (lbs)	Time (hrs)
5 to 8	3 to 4
10 to 16	4½ to 5

TURKEY FOR THE HOLIDAYS

Holiday meals, especially Thanksgiving, often go hand-in-hand with turkey. In fact, it's probably safe to say that more homes will be serving turkey on the major fall and winter holidays than any other item. Many family cooks have prepared this favorite for years and years with recipes and instructions that have been lovingly handed down through generations and which they, in turn, will hand down to their children. In some homes, cooking the first turkey might even be seen as a rite of passage.

Others however, might not have this expert guidance. Whether you've cooked turkeys for the last 50

Ham & Turkey for the Holidays! (Cont.)

years or are just beginning a new tradition this year, it's a good idea to look at some of the latest safety updates as well as shopping tips.

To get the most out of your meal, keep the following hints in mind when selecting a turkey. If it's fresh, check for the sell-by date. Make sure you cook and serve within two days of this date. Vacuum-packaged fresh turkey has a shelf life of up to 10 days. Before you buy, inspect the package and do *not* accept if it has holes or tears. A frozen turkey will keep up to one year. In all cases, look for the USDA symbols: Inspection and Grade A stamps. Figure 1¼ pounds per person for generous portions and leftovers (you know you'll want those).

Thawing is best done on a tray in the refrigerator. Figure 24 hours for each five pounds of weight. Another option is to use cold water immersion. In order to do this, place the wrapped turkey in the sink and cover it with cold water. Change the water every 30 minutes.

Stuffing is almost as essential as turkey at a holiday meal. To prepare, get the ingredients ready a day in advance. Store dry items at room temperature. Keep the produce in the refrigerator. Stuff a whole bird *immediately before* cooking, but remember, dressing expands, so don't overstuff. The stuffing should reach an internal temperature of 165° F.

To roast, place the bird breast side up on a rack in a shallow pan. Cover it with a loose aluminum foil tent. Insert a meat thermometer through the foil and into the inner thigh muscle. Cook in a 325° F oven; do not cook at low heat. Remove the foil during the last 20 to 30 minutes for browning. Cook until the meat thermometer reads 180° F.

ROASTING TIMETABLE		
Weight (lbs)	Unstuffed (hrs)	Stuffed (hrs)
4 to 6 (breasts)	1½ to 2¼	Not Applicable
6 to 8	2¼ to 3¼	3 to 3 ½
8 to 12	3 to 4	3 ½ to 4 ½
12 to 16	3 ½ to 4 ½	4 ½ to 5 ½
16 to 20	4 to 5	5 ½ to 6 ½
20 to 24	4 ½ to 5 ½	6 ½ to 7
24 to 28	5 to 6 ½	7 to 8 ½
Drumsticks, quarters, thighs	2 to 3 ½	Not Applicable

When finished cooking, remove the bird from oven and let cool for 20 minutes. While it's cooling, remove all of the stuffing. You can now carve the bird. Afterwards, keep warm in 200° F oven.

Prepared by Kathy Daly-Koziel, M.H.P., R.D., L.D., State EFNEP Coordinator



TIPS FOR HEALTHY EATING DURING THE HOLIDAYS

Submitted by: Brooke Jenkins

It is very tempting during the holidays to "take a break" from healthy eating, slide off the wagon, and simply make the conscious decision to overindulge--but just for one month. There are so many temptations, so many treats available that it seems almost impossible to refrain. Traditional holiday foods are not generally known for their healthful qualities. But it doesn't have to be that way. Here are some suggestions for ways to eat healthier during the holidays and beyond.

Reduce Refined Sugar and Limit Intake of Empty Calories: Avoid excessive use of refined or processed sources of sugar, such as table sugar, brown sugar, corn sweeteners, corn syrup, honey and molasses. Try to use more fresh fruit. If you purchase canned fruits, pick the kind that are packed in their own juice, water, or very light syrup. Limit your consumption of jams, jellies or candies made with refined or processed sugars. Substitute dried fruits for candy - you could cut fruit leathers into bite-sized pieces and present to guests, especially the younger ones. Wherever possible, use artificial sweeteners to prepare dessert dishes and serve diet soft drinks to reduce total calories.

Reduce Salt and Sodium Intake: When cooking, use mixtures of herbs and spices instead of salt and garlic or onion powder salt. Be on the lookout for cooking wherever possible. pasta, add a drop of lemon adding salt. In those recipes function of providing taste, completely.

instead of garlic or onion helpful substitutes for salt in For example, when cooking juice to the water instead of in which salt only serves the reduce the amount or omit it



evaporated skim milk for whipped topping, but re-rated milk, mixing bowl and chilled, otherwise the milk plain low-fat or nonfat yo-ing recipes or in sauces. starch with 1 tablespoon yo-prevent separation of the

Reduce Total Fat: Use cream when mixing member that the evapo-beaters, must be well will not whip. Substitute gurt for sour cream in bak-Mix 1 tablespoon corn-gurt and mix into yogurt to yogurt.

Use low-fat gravy. Instead of frying, try roasting, baking, braising, stewing, poaching, grill-ing, broiling, sautéing, stir-frying, or microwaving. When using fat, use one of these types of oils: corn, soybean, safflower, canola, sunflower, cottonseed, sesame seed, peanut or olive. Although nuts and seeds do not contain cholesterol, remember that they are high in total fat. Therefore, you should limit your intake of these items at parties and other social gatherings.

Reduce Saturated Fat: Use leaner cuts of meat and cut away visible fat. Try removing the skin of chicken or other poultry products. When preparing roasted duck, use a rotisserie to allow extra fat to drain away and when broiling, baking or roasting meat and poultry products, use a rack to allow excess fat to drain off. Use margarine more frequently than butter; choose brands of margarine that are made from monounsaturated and polyunsaturated oils.

Reduce Cholesterol: Try to limit your consumption of caviar and patés made from liver or other organ meats. In utilizing leftovers, limit the use of gizzards, livers, and other organ parts in the preparation of gravies, soups, sauces, and casseroles.

TIPS FOR HEALTHY EATING DURING THE HOLIDAYS

Submitted by: Brooke Jenkins

Increase Dietary Fiber: Use more whole grains, such as whole-wheat breads and cereals when preparing party snacks, sandwiches, dressing for entrees, and toppings for vegetable dishes. Serve fresh fruits as a part of hors d'oeuvres, appetizers, salads, or dessert dishes. Feature vegetables on your party menu. For example, you could put them in relish trays for appetizers, in salads, or in cooked dishes. Use legumes (garbanzo beans, kidney beans, split peas, etc.) as ingredients for dips, soups, or other components of your menu. Use bran, wheat germ, oats, raisins or other dried fruits, and seeds as ingredients for desserts, as toppings, or as garnishes. Mix a portion of whole wheat flour with enriched white flour when preparing breads, cakes, cookies, and other baked items. Offer unsalted nuts and dried fruits as party snacks and munchies.

Remember, it is possible to enjoy your holiday time with family and friends and continue to practice a healthy eating behavior. With a little bit of knowledge, time and willingness, we may all enjoy and share the benefits of a healthier body. By practicing a more healthful eating behavior throughout the year, particularly during the holidays, we may move one step closer to enjoying better health!

References

American Institute for Cancer Research, 1994. Newsletter, AICR, Winter 1991, Issue No. 30, pg 6.

Eating for Better Health. USDA, Food and Nutrition Service. Program Aid No. 1290, August, 1981.

Food Facts for Older Adults--How to Use the Dietary Guidelines. USDA; HNIS; Home and Garden Bulletin, No. 251.

Prepared by Sandra Bastin, Ph.D., R.D., L.D., Extension Food and Nutrition Specialist



Extension Snow Cancellation Policy:

All FCS, Homemaker, & 4-H Club Meetings & Scheduled Events will be Cancelled Along with School Cancellations!

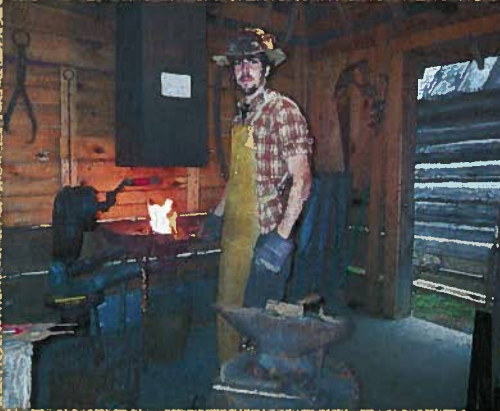




Extension Photo Gallery



Heritage Days



4-H Win with Wood Winners



4-H Agent Welcome Reception



Second Sunday Event



IMPORTANT DATES TO REMEMBER:**NOVEMBER**

- Horse College (Floyd Co. Office), November 3 & 10
 - Office Closed for Election Day, November 4
 - Cattle Association Mtg., November 6
 - Homemaker Project Work Day, November 8
- 4-H Teen Council Mtg., November 11
- Ivyton Hippie Chicks, November 11
- Horse Association Mtg., November 13
 - Patchwork Playdate, November 13
 - Quilt Guild, November 14
- Ag. Development Council Mtg., November 17
- Funyons & Country Dumplings Mtgs., November 18
 - District 1 Leader Forum, November 19
 - God's Pantry Food Bank, November 19



- Homemaker's Decorate for the Holidays, November 25
- Office Closed for Thanksgiving, November 27 & 28

IMPORTANT DATES TO REMEMBER:**December**

- Cattle Assoc. Mtg., December 4
- Homemaker Fundraiser: Chili Dinner, December 5
 - 4-H Adult Council Mtg., December 9
- Horse Association Mtg., December 11
 - Patchwork Playdate, December 11
 - Quilt Guild, December 12
- CEC Bylaws Comm. Mtg., December 12
- Funyons & Country Dumplings Mtgs., December 16
 - Uptown Girls Mtg., December 17
- Homemaker Holiday Social, December 18
- Office Closed for Christmas, December 24-January 1

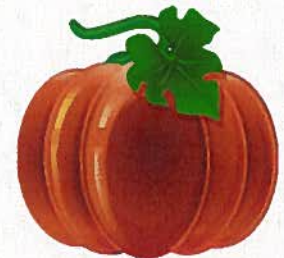
Glazed
Fall
Vegetables



Featured Recipe

- 2 sweet potatoes, cut into 1/2-inch slices
- 1 large white potato, cut into 1/2-inch slices
- 3 carrots, cut into 1/2-inch slices
- 1 large yellow onion, cut into 1/2-inch rings
- 1 acorn squash, halved, seeded, peeled,
and cut into fourths

- 1/2 cup packed brown sugar
- 1/4 cup maple syrup
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 4 tsp. butter or margarine
- 1/4 cup water



Preheat oven to 425°F. Place all ingredients, except butter and water in a bowl; toss well. Place in a 9x13-inch baking dish. Cut butter into pieces and scatter over the top. Pour water into the dish. Cover tightly with foil and bake 45 minutes. Remove foil and stir. Continue baking, uncovered, for 15-20 minutes or until all vegetables are tender and lightly browned.

Serves 4

Nutrition Analysis Per Serving: 473 calories; 5g protein; 91g carbohydrates; 7g fiber; 12g fat; 0g trans fatty acids; 31mg cholesterol; 127mg calcium; 2mg iron; 174mg sodium Source: Boone County Farmers Market. ket.w.boonecountymarket.org

November 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<h2>Happy Thanksgiving</h2>				1
2 Daylight Savings Time Ends	3 Horse College, 7PM; Floyd Co. Extension Office	4 Election Day- Office Closed	5	6 Cattle Assoc. Mtg., 7PM	7	8 Homemaker Project Work Day, 9:30 AM-Bring Your Unfinished Projects & A Pot-luck Dish!
9	10 Horse College, 7 PM; Floyd Co. Extension Service	11 Ivyton Hippie Chicks Club, 6 PM; 4-H Teen Council Mtg., 6 PM	12	13 Horse Association Mtg., 7PM; Patchwork Playdates, 2-4 PM	14 Quilt Guild Mtg., 9 AM	15
16	17 Ag. Development Council Mtg., 7PM	18 Funyons Club Mtg., 6:30 PM; Country Dumplings Mtg., 10:30 AM	19 District 1 Leader Forum, Boyd Co., 10 AM & God's Pantry Food Bank, Ramey Park	20	21	22
23 30	24	25 Decorate the Office for the Holidays, 10 AM	26	27 Thanksgiving Day-Office Closed 	28 Office Closed	29

December 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Cattle Assoc. Mtg., 7 PM	5 Homemaker Fundraiser: Chili Dinner!	6
7	8	9 4-H Adult Council Mtg., 6 PM	10	11 Horse Assoc. Mtg., 7PM; Patchwork Playdates, 2-4 PM	12 Quilt Guild, 9 AM; CEC By- laws Comm. Mtg., Noon	13
14	15	16 Funyons Club Mtg., 6:30 PM; Country Dumplings, 10:30 AM	17 Uptown Girls Club Mtg., 10:30 AM; God's Pantry Food Bank, Ramey Park	18 Homemaker Holiday So- cial, 11 AM	19	20
21 Winter Begins 	22	23	24 Christmas Eve- Office Closed	25 Christmas Day-Office Closed Will Re-open January 2	26 <i>Merry</i> Office Closed 	27
28	29 Office Closed	30 Office Closed	31 Office Closed			



Disabilities accommodated with prior notification.

COOPERATIVE
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Cooperative Extension Service

University of Kentucky

Magoffin County

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Happy Holidays!



