Questions answered about handling holiday turkeys

Thanksgiving Day is a time when family and friends get together to Thawing a turkey in the refrigers celebrate with good cheer and good food. The National Safety Council encourages all cooks to prepare this year's holiday turkey safely.

The following questions about handling your turkey safely are answered every Thanksgiving by the United States Department of Agriculture's (USDA) Meat and Poultry Hotline.

1. When should I buy the turkey? A frozen turkey can be purchased months in advance with no loss in quality or taste. Wrap the turkey in heavy freezer wrap to prevent freezer burn. However, a fresh bird should be bought only 1 to 2 days before cooking time.

The 4-H program is really a pro-gram that builds kids. It helps them

to gain self-confidence in the new

4-H is geared to help kids learn in

Stop by, see what's going on

a fun way and a safe way, the type of

4-H is happy to say that we have moved into the Old Boy's Dorm with

Education, so if you have any ques-

tions about 4-H please feel free to

stop in and see what's going on. We would like to Welcome Crystal

Winishut who is acting as our Pro-

gram Aid. She is busy getting those boxes unpacked and files in order.

The clover speaks

skills they learn.

Thawing a turkey in the refrigerator is the preferred method. Allow one day for every five pounds. After the turkey is completely thawed, it can last an additional one to two days in the refrigerator. After thawing, remove the neck and giblets, then wash the turkey inside and out with cold water. Lastly, wash your hands, utensils, sink and anything else that has been in contact with the raw

3. Can I thaw a turkey in water? In a hurry? Thaw the turkey in a clean sink. Put in a heavy freezer bag secured with a twist tie. Submerge the bird in cold water, changing the water every 30 minutes to keep it cool. Allow thirty minutes per pound

4-H program builds kids self confidence and teaches new skills

respect and self-control.

skills that can be used the rest of their

4-H helps kids to learn about self-

It gives children the tools to get

through many types of situations that

She is a great help and we are glad to

have someone with her energy and

humor on board, thank you Crystal,

with small animal projects if you are

interested please stop by our office

or call 553-3238. We need leaders to

help with goats, cattle, rabbits,

We are looking for parents to help

to defrost using this method. Cook the bird as soon as it has thawed. 4. What is the safest way to stuff a turkey?

Stuff the turkey loosely just be-fore you put it in the oven. 5. How long should I roast the tur-

Roast the bird in a 325 degree Fahrenheit oven. Cook about 15-18 minutes per pound for an unstuffed bird; 18-24 minutes per pound for a stuffed one. The USDA highly recommends using a meat thermometer to determine if the turkey is done. For safety and doneness, the temperature should be 180 degrees Fahrenheit in the thigh and 165 degrees Fahrenheit in the stuffing. When roasted, remove the stuffing.

they will face through out their life,

such as: learning to care for an ani-

mal; what is involved in raising cattle,

how you can keep them healthy so

you can get the best return for your

They learn how to solve problems

4-H teaches kids how to manage

in a positive way with a win-win

money, make choices, keep records,

give presentations on their projects,

meet deadlines, stay on track, and

have fun while learning and helping

If you have about three hours a

week please give them to the Warm

Springs youth and become a 4-H

money.

approach.

Let the turkey stand for 20 minutes for better carving. 6. Can I cook the turkey the day before Thanksgiving?

Cooking ahead of time requires special attention to safe handling. Cook the bird as described previously. For safety reasons the turkey must be deboned before it is refrigerated. Refrigerate the carved turkey in small, shallow containers. On Thanksgiving Day, reheat the meat in 325 degree Fahrenheit oven or warm in the microwave. To keep meat tender when using a conventional oven, cover it with gravy or the natural cooked juices.

The USDA's Meat and Poultry Hotline can be reached on Thanksgiving Day from 8 a.m. to 2 p.m., EST or year round Monday through Friday, 10 a.m. to 4 p.m. EST. The toll-free number is 1-800-535-4555.

The National Safety Council wishes everyone a happy and healthy Thanksgiving Day.

NATIONAL FAMILY WEEK

November 22-28, 1992 American families are our greatest resource. Families are better defined by what the people in them do for each other, than by the way they are structured. They deserve to be preserved and nurtured in all their

FAMILY FUNCTIONS The family provides:

 language · sense of identity and a feeling of belonging

· food, shelter, and clothing

 economic support · affection and caring in sickness

and in health · spiritual belief or a world view

rules for appropriate behavior
survival skills

values and traditions

education

recreation, relaxation, respite, a

Source: Non-Traditional Families-A guide for parents, Oregon State University publication EC1812.

Sometimes I feel sorry for land-

when the wall under a window started

new window. Then the furnace blew

landlord about the latest disaster?

just came apart. But do you think I

could figure out how to put the thing

together? This new fangled seat just

would not respond the way other had

seats did when I fixed them before.

So for a week, I twisted and turned

the darn seat trying to get the lid to go

back together with the seat without

heard my frustration. One morning I

went into the bathroom and there

was the answer plain as could be.

Flap C was up, revealing the hidden

screw beneath it, as you can see in the

screwdriver. I lifted flap A and tight-

ened that side. Then I tried to put the

lid on to the seat. More frustration.

seat I had to use a Philips screwdriver

to loosen screws in the plastic bracket

on the lid. The top screw I only loos-

ened. The bottom screw was removed

until the lid could be put back to-

I went right to work with a flat

To get the lid to go back onto the

My guardian angel must have



Information provided by: Warm Springs OSU **Extension Office** 1110 Wasco Street 553-3238

Farewell.....

As I gaze out the window of my new office, I see the words "Warm Springs" highlighted against the yellowish-brown hill by the white-washed rocks. Warm Springs has definitely become more than a name on a hillside or a travel map to me.

I transferred to Warm Springs from Salem with the OSU Extension Service on August 17, 1992. I took Clay Penhollow's position. While being here three months is not a long time, I have seen a lot of the Reservation and met some of the wonderful people who reside within its bound-

I have been so close to Mt. Jefferson it looked as though I could toss a rock onto its flanks. I have been to Trout Lake with the 4-H summer campers, what a time! I've been to Seekseequa, the Hehe Longhouse, Red Lake and Simnasho Longhouse. I've been on a washedout road with my fellow agent in the Mutton Mountains, seen the solar well, big game guzzler and the hydrodam on Mill Creek. I've seen the hills above Lake Simtustus as dry as powder and the Henning flats nothing but slick clay. I have sat in on some very emotional meetings, sat in the Tribal Council Chambers concerning the Livestock/Agriculture Referendum and have met some very

wonderful people. Yes, Warm Springs and the entire reservation has become more than a place on the Oregon State Highway map. Now has come the time to depart from Warm Springs and the Oregon State University Extension Service. I have resigned as Lead Extension Agent, effective November 20, 1992, to accept an Extension 4-H position in my home state of New Mexico. In fact, the position is in my home county of San Juan. Farmington is the major city within that county. Some of you may recognize that name.

To Warm Springs, the Reserva-tion, the people, the Education Branch and especially the Extension staff, I say, farewell!!

I thank you for the opportunity to have served you and appreciate the education you have given me concerning reservation life and the American Indian way. It will allow me to be much more open when I get the opportunity to work with the Navajo Indians in New Mexico.

Sincerely, Joe Franchini

Learn gardening tips with Lynne Breese

Mark your calendar for December 8, 1992 for an upcoming event by Lynne Breese, Jefferson county Extension Home Economics Agent. She will be in Warm Springs to teach about the plants that grow well in your yard when water is scarce. She will put the emphasis on Central Oregon plants and ground covers which require little special care yet are beautiful and easy to care for.

That kind of a yard needs to be looked at during winter as well as summer for the year around appearance that you like to have for your

The event will be held from 7-9 .m. in the first floor classroom of The Old Boys Dorm next to the new OSU Extension offices. Give Norma Simpson a call to tell her you'll join the crowd, 553-3238 or 3535.

Lid

Help plan your 4-H program for 1993

chickens, and dogs.

keep up the good work.

Cut out and bring to the OSU Warm Springs Extension Services new offices in the Old Boys Dorm or mail it to P.O. Box 340, Warm

Springs, Oregon 97761. Home Economics program planning is currently underway for 1993. We would like you to choose 10 programs. Mark a check in the box or write the programs that you prefer at the bottom. Select ten topics that interest you. And please return to OSU Extension by November 30. Simple home repairs - outdoors .. 🔾 Simple home repairs - indoors Preparing meals for diabetics When you lose your job Keeping within the budget for meals

Tracking your spending ... Mending social fences Helping elderly enjoy life . Fire safety in the home ... Cost of owning a truck or van Money management for student If your kid is too fat Non-traditional families ... When you marry: finances Building/finishing furniture Wise shopping for food. Famous Indian Women Making a wing dress and leggings

Managing time as parent/worker/ livestock producer Managing farm and home finances Using your sewing machine Vegetable gardening ...

Preserve the harvest and hunt a Making dietetic pie fillings Talking to your doctor about difficult health decisions .. Weatherizing your home. Making gifts with your kids Care of household equipment with your kids. Maintenance or your vehicle... Mittens from old sweaters..... Wise eating of food ... Famous Indian men .. Other Topics:

Your name and address

Beware of poor quality food when shopping, tips given

only amounts that you can use in a

3. Always use your senses when

seen a TV program about the Food Lion, a chain of stores in the eastern part of the USA. It was a stunning program, ABC-Prime Time showed ways that employees had been told to repackage out-of-date foods, spoiled and contaminated foods. The stores sell them for full price, even when they probably were not safe.

Finally a number of the chain's former employees decided to blow the whistle on the firm. Some employees, who had worked for the company for many years, decided to help TV investigative reporters to see and learn about the tricks of the trade. New mini-video cameras make it possible to tape record when people are not aware that they were being recorded.

Law suits will probably follow the two programs about the store. Fortunately we do not have any of this chain in the Warm Springs area. But by learning what practices do exist, we can also learn ways to avoid stores which sell poor quality foods. Donna Scott, of the Food Science Department at Cornell University prepared the following list of Food Shopping Tips. Don't be afraid to speak up to a stores manager if you see unhealthy practices. The Warm Springs families deserve the best foods for dollars spent.

Here are some smart shopping

tips to follow: 1. Buy only from reputable retailers. If you are interested, ask about the chain's sanitation policies. 2. Check supplies at home and

FOOD SHOPPING TIPS

shopping - use your eyes, nose and

reasonable period of time.

fingers where appropriate to determine the freshness of raw meats and poultry, fish, fruits, and vegetables. You have to learn to recognize good quality food. -Meat should have a typical pink,

red or brown color; a moist, but not slimy or cloudy appearance, and a normal, not rancid or putrid odor. -Poultry should have a typical

white to yellow color; a moist, but not slimy or cloudy appearance, and a normal, not rancid or putrid odor.

-Whole clams, oysters and mussels should be alive (shells will close when tapped). Lobsters should be alive (moving in their tank).

-Finfish should have a clean, fresh smell with no fishy or other offodors. Gills should be bright red or pink. Flesh should be firm and clastic, and the skin should be shiny with firmly attached scales. Undamaged eyes are bright and clear and protrude away from the head when fish is fresh. Fish should be displayed in coolers at near freezing temperatures or in ice and not piled upon one

-Fresh fruits and vegetables should have a good appearance and color, be firm, relatively blemishfree and mold free, and have a typical

4. Avoid food in leaky, bulging or severely dented cans. Don't buy cracked jars or jars with loose or

Thanks for helping Extension plan your programs for 1993.

Earlier in November you may have make a list before you shop. Buy bulging lids. Report these to the store

5. Select sound packages of food; avoid items that are in torn, dented, or damaged packages. 6. Make sure refrigerated and fro-

zen foods are below the cold line in their respective cases. Refrigerated food should feel cold and frozen food should be rock hard.

7. Don't buy food from a display where raw food is on the same bed of ice as cooked food.

8. Don't buy anything with a useby or sell-by date that has expired, or that you won't consume before the use-by date.

9. Visit your store late in the evening sometime to see if personnel have torn down fresh prepared food displays in the deli so that dishes and cases can be cleaned. Or ask the deli manager about cleaning procedures and schedules.

10. Don't buy unrefrigerated sell eggs or unpasteurized dairy products. 11. Buy cold and frozen foods last, right before you check out.

12. Put meat, poultry or fish in a plastic bag and do not allow juices to drip on other food.

13. Go right home and refrigerate or freeze foods immediately. If upon arriving home you find that you have purchased poor quality or spoiled food, take it back to the store manager immediately. If you repeatedly find you have bought poor quality food, change stores and tell the manager of the old store why you have done so. If you are really concerned about continued bad service, you may want to complain to your state food inspections service.

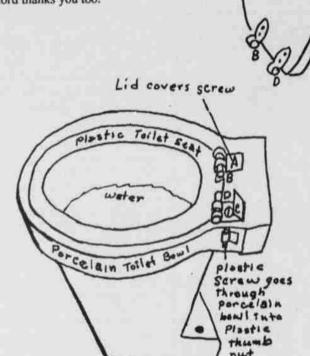
gether with the seat. By Norma L. Simpson

A funny thing happened to me this week

Loop B on the lid had to go over lords. I had just rented the house post B on the seat. Then Loop D could be twisted until it fit onto post D of the seat.

to crumble. A big repair bill and a Once the lid was attached, I reup and another expense. So when the placed the Philips screw and tighttoilet seat started to wobble and then ened the two screws until the toilet broke, I thought, should I tell the was in perfect working order.

Thanks Guardian Angel, and my In reality, the seat did not break. It landlord thanks you too.



More changes take place at Extension There are some more changes in time soon. When you come to see us,

store for those of you who utilize our services. First, we have completed our move the Education Center (Old Boys Dorm). We are still in the process of unpacking boxes and putting everything in it's place so things still appear a little hectic.

We are glad to be moved and invite you to come and see us some

enter through the front door and proceed to the opposite side of the hall. We hope to have a sign in the hallway soon directing visitors to the Extension secretary's office. The current, working phone number for the office is 553-3239. Please feel free to call.

Joe Franchini, Lead Extension

Agent for the OSU/Warm Springs Office, will be leaving us on November 20, 1992. He has accepted a

Stockman's Roundup

By Bob Pawelek **OSU Extension Agent** Livestock and Range



Considering that my new office at the Old Boys Dorm is still recovering from our move (hey, the place looks like a couple of bulls had a disagreement then couldn't find their way out) it was just plain dumb luck I found a pen to write this week's

On Veteran's Day, I attended the Pacific Northwest Regional Beef Information Conference at Wenatchee, Washington sponsored by Washington State University Cooperative Extension, the program challenged the traditional ways beef producers

here look at marketing. As we look toward the January 19, 1993 vote on the Livestock/Agriculture Referendum here at Warm Springs, developing marketing strategies and techniques will require beef producers to first develop a 'shared-vision" of how things should

We will need to work together to achieve a common goal of getting the best price for our calves, but we

also need to move toward qualitybased marketing, where we each accept some of the responsibility of producing a safe, uniform, consistent, high quality product for the consumer.

Once we get the referendum bassed, OSU Extension will be offering producer training for new starts, restarts, and those interested in expansion. This training will cover the entire spectrum of the cattle business from selection to slaughter. Also, we are now developing a program for those families who desire to enter the livestock or agriculture business, but who could use some assistance in managing the family budget if and when an Ag loan is

granted. One particular program that will be extremely valuable for stockmen is the "Strategic Alliance Value-Based Marketing Project." It may have a high fallutin' name (we OSU types and Aggies have a habit of doing that) but it's a simple yet effective program that enables a producer to realize the actual results of his In effect, the project will consist

of a three-way partnership involving the individual cow calf producer, a participating feedlot and a participating packer. The rancher chooses a minimum of 5 calves, retaining a one-third

ownership in his/her cattle through the course of the project. The feedlot and packer will each purchase a onethird interest in these calves from the cow-calf producer.

The rancher will manage the calves in a way that will maximize value and profit not only for the partnership, but also for himself. Calves will then be selected from the herd to enter the feedlot at the same approximate weight and condition so that they will reach market weight over a 30 day period.

Both the feedlot and packer agree to manage the calves in a manor that maximizes profit not only for them,

but for the rancher. The partnership retains ownership of the beef through fabrication on the rail to one-quarter inch trimmed meat. It is at this point where the rancher can actually see the calves he produced. Cutting yield and quality grade are evaluated, as well as uniformity, consistency, and freedom from defects. It is here the rancher has the opportunity to evaluate his own performance.

Additionally, and here's where dollars and sense meet, the retailer will then pay value differences for these carcasses relative to the going price for those carcasses available to the retailer at the time.

Information regarding product appearance and shelf life while in the retail case will also be collected.

Increased profit margins for the producer is the end objective of this project, but it is also hoped that a reduced cost of production can be passed on to the consumer.

position with the New Mexico Cooperative Extension Service. He will be a 4-H Extension Agent in San Juan County, his home county. Oregon State University is already in the process of filling the vacancy, though it may take a few months. Bob Pawelek and Clint Jacks will be assuming the responsibilities previously held by Joe during the interim.

Holiday Cranberry bread Sift together:

1 1/3 cup cake flour

2/3 cup all purpose flour

1 cup sugar 1 1/2 tsp. baking powder

1/2 tsp. soda 1 tsp. salt

cup chopped nuts 1 cup raw cranberries,

halved Combine:

Juice and grated rind of 1 orange plus water to make 3/4

egg, beaten

2 Tbsp. salad oil Blend liquid into dry ingredients, stir only until flour mixture is damp-

ened. Pour into greased 9X5X3 pan.

Bake 350° for 60 to 70 minutes.