

Oregon State University OSU

Warm Springs Extension Office
(541) 553-3238

We're online! find us at:
<http://extension.oregonstate.edu/warmsprings/>



Want to find something to do this summer? Look on our Facebook page...find summer opportunities, contests and 4-H events and information.
Search Facebook: Warm Springs 4-H Oregon

Turkey tips for holiday safety

It's November and Fall has definitely arrived. Cool crisp mornings, changing leaves, pumpkin pie and roasted turkey may be on most of our minds. Mother Nature has provided the weather and the beautiful colors, OSU Extension will provide Turkey Tips and a Pumpkin Pie Class.

Turkey Tips Source: Turkey Fact Sheet, Oregon State University Extension Service.

Thawing a Turkey

DO NOT thaw poultry or meat at room temperature. Bacteria multiply quickly on the warm surface. Leave turkey in the original packaging and use one of the following methods:

***No Hurry-** Place the wrapped turkey on tray in the refrigerator for 3 to 4 days; allow 5 hours per pound of turkey to completely thaw.

***Fast Thaw-** Place wrapped turkey in deep pan or clean sink. Cover with cold water. Allow 30 minutes for each pound of turkey to completely thaw. Change water every half-hour. Refrigerate when thawed or roast immediately.

Cook the thawed turkey

within two days. Re-freezing thawed turkey is not recommended because the quality is lowered.

low containers that allow it to cool rapidly. Gravy needs to be refrigerated in separate small containers.



Storing Leftovers

Refrigerate all cooked foods within 2 hours of removing from heat (oven or stovetop.)

If you stuffed the bird, remove stuffing right after cooking. Within 2 hours, the stuffing needs to be refrigerated in small, shall-

Use refrigerated stuffing and gravy within 1-2 days, or freeze.

While turkey is still warm, the meat is easily removed from the bone. Divide turkey into small portions and store in several small containers in the refrigerator. For best quality use refrigerated turkey within 3-4 days or freeze.

Reheating Turkey and Leftovers

Reheat all leftovers until "steamy hot" to 165 fF.

Bring gravy to a rolling boil before serving.

Reheat sliced cooked turkey in a tightly covered baking dish, at 325 fF, about 5 minutes per pound.

If covered with gravy or broth, allow more time for heating.

- For a free complete Turkey Fact Sheet stop by the OSU Extension office in the Education Building
 - Master Food Preservers are available to answer any food safety questions during the holiday season
- Contact our office at 541-553-3238

Family Community Health



Danita Macy
Arlene Boileau
Sara Smith
Rosanna Sanders

October Run 4 Fun Thank You

Thank you to the following organizations/individuals for making the Run 4 Fun a success!

- * Diabetes Prevention (Stephanie Hurtado & Nicole Smith)
- * Community Health Program (Michael Holyan)
- * Community Counseling/Prevention (Andy Leonard)
- * Shomona White
- * Taralee Suppah
- * Danita Macy
- * Ashley Aguilar

All together participants ended with a Grand Total of 152.13 miles.

Think 4-H


4-H is a leading youth development program in the United States.

Participation is open to all youth from Kindergarten through 12th grade.

The Warm Springs program reaches youth through a variety of informal, hands-on programs, and 4-H clubs.

We are always looking for more Volunteers!

If you are interested in teaching the youth a skill or want more information about our programs, please contact Morning Rae Ferris, 4-H Youth Development Faculty, Oregon State University Extension Service, Warm Springs @ 541.553.3238 or morning.ferris@oregonstate.edu.



4-H Program
Morning Rae Ferris

Pesticide Applicator Classes in December at COCC's Bend Campus

COCC's Continuing Education program is offering three pesticide applicator classes for those preparing to take the licensing exams or for those who need recertification credits:

- Pesticide Applicator Laws & Safety on Friday, December 7 from 8:00am to 5:00pm.
- Pesticide Applicator Herbicides (Ornamental & Turf) on

Saturday, December 8 from 8:00am to 5:00pm.


• Pesticide Applicator Insecticides/Fungicides (Ornamental & Turf) on Saturday, December 15 from 8:00am to 5:00pm.

Each class is approved for 8 hours of recertification credits for licensed applicators (Laws & Safety is approved for 4 core credits of the 8 total credits).

Cost for each course is \$99 and preregistration is required to attend. All classes are held in COCC's Boyle Education Center room 154.

For those who are studying for the Department of Agriculture Pesticide Applicator licensing exam, COCC's testing center will offer the exam at the end of each class for a testing fee of \$25.

If you plan to take the exam, please bring \$25 in cash or check payable to COCC Testing Center.



Agriculture and Natural Resources
Fara Brummer

Strengthening Agriculture's Infrastructure

Adding Value, Breaking-Down Barriers, Increasing Profits

Western SARE invites you to Strengthening Agriculture's Infrastructure: Adding Value, Breaking Down Barriers, Increasing Profits Conference to be held December 3 - 5, 2012, at the Embassy Suites, Airport, 7900 NE 82nd Avenue, Portland Oregon.

To register go to: <http://www.westernsare.org> or contact Stacie Clary at stacie.wsare@charter.net or call (831) 419-5432.




MISSING!!!

4-H is missing a teepee from camp Naimuma. Please call office if you have any information

Pumpkin Pie Class

OSU Extension is hosting a Pumpkin Pie Class on Tuesday November 20 from 10-11:30 at the Education Building in the OSU Basement Kitchen. Come learn to make pumpkin pie and take one home with you. Call our office at 553-3238 to sign up. Space is limited.

4-H Program
Morning Rae Ferris