

OSU Extension

Candy Making & Gifts from a Jar



December 19th
9-11:30am
Join us in making fun + easy treats
Education Building-OSU Extension Kitchen
Everyone will take home a plate of treats, all supplies will be provided, no cost
Call to RSVP-15 Slots Available
OSU Extension
541-553-3238



Feeding of cattle during cold weather

We are experiencing lower than average temperatures here in the Northwest with some records being set for low temperatures. For those of us that like winter, the clear skies and snow cover is enjoyable. For our livestock, however, these colder temperatures are an additional stress, especially if they are pregnant or young that are in the process of growing. While horses are able to paw the snow cover off of the grasses, cows cannot because of their split hoof; therefore, cattle need winter feed supplemented to them or they will lose weight and body condition. Dry cold weather is not as detrimental as wet cold weather. When an animal's hide gets wet, their insulation factor goes down. Recommendations developed by beef research is to increase the amount of feed by 1 percent for each degree below freezing (32 degrees F) if the hair coat is dry and by 2 percent for each degree below freezing if the hair coat is wet. That means, for a 1000 lb. cow being fed 22 lbs. of hay a day, at 10 degrees F, her daily need would increase 22% to 27 lbs. a day, if she is cold and dry. If she is cold and wet, her daily need would increase 44% to 32 lbs. a day. Here are some strategies to manage cattle herds in the cold: *If animals are cold and wet or if they are cold and exposed to constant wind, moving them to an area with windbreaks, tree cover, or shelter can help them preserve body heat; **separating cattle into two herds – a “thin” herd and a “heavier” herd can allow you to feed differently and insure that the thinner animals are being fed accordingly. Many times, the heavier cattle are the more aggressive at the feed bunk. Separating them helps alleviate this situation. ***Feeding cattle in the late afternoon or evening allows them to stay warmer at night due to their internal heat of processing their feed. Four to six hours after feeding is when the heat production from feed is at it's highest. With cattle prices continuing to stay high and healthy, feeding your cows the necessary amount in cold weather can be a smart investment which will potentially pay off down the road in healthy calves and rebreeding success. For more information, contact our Extension office at (541) 553-3238.

Holiday turkey fact sheet

Frozen Turkey - Keep frozen until 2-5 days before cooking, then thaw.
Fresh Turkey - Buy your fresh turkey 1-3 days before you plan to cook it. **DO NOT BUY PRE-STUFFED FRESH TURKEY.**
Pre-Cooked Turkey - If the local deli cooks your turkey, plan to serve it within 2 hours of removal from the oven. Carve the meat off the bird, reheat in the microwave or refrigerate it in small, shallow containers.
Thawing a Turkey - DO NOT thaw poultry or meat at room temperature. Bacteria multiply quickly on the warm surface. Leave turkey in original packaging and use one of the following methods:
**No Hurry: Place wrapped turkey on tray in the refrigerator for 3 to 5 days; allow 5 hours per pound of turkey to completely thaw. Time will vary depending how cold your refrigerator is and size of bird. Check daily.
**Fast: Place wrapped turkey in large ice chest or clean sink. Cover the turkey with cold water. Allow 30 minutes for each pound of turkey. Changing the water every half-hour will speed thawing. 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. NOTE: if you thaw the turkey in the microwave, plan to cook it right away. Follow manufacturer's instructions for thawing times.
Preparing for Roasting - Remove giblets and neck packets from the body and neck cavities. (Cook separately.) Tie down or tuck in legs and wing tips to prevent overcooking. String, metal skewers, or round toothpicks can be used.
Roasting the Turkey - Set oven temperature no lower than 325° F. Placeturkey, breast up, on a rack in a roasting pan. Insert oven-safe meat thermometer into the thickest part of the thigh next to the body, not touching bone. Do not interrupt the cooking process. Bacteria multiply rapidly at lower temperatures. Baste occasionally with broth or fruit juices for a more moist bird. When the turkey begins to brown, cover it loosely with foil to prevent over-browning. If a covered roaster is used, check frequently to test for doneness. Birds will cook faster in a roaster. During the last hour of roasting, remove the lid to brown the bird. Turkey is done when the thermometer registers 165° F. in the thigh. Also, juices should be clear, not pink when thigh muscle is pierced with a fork. **Roasting time will vary according to oven type and temperature, degree of thawing and roasting pan used. Begin checking for doneness about one hour before end of recommended roasting time. If you do not have a thermometer, test the drumstick by pressing it with your fingers. It should feel soft. Turn the drumstick. The joint should move easily. The juices should be clear, not pink. If the turkey has a “pop-up” temperature indicator, it is also recommended that a food thermometer be used to test the temperature in the inner most part of the thigh.
Storing Leftovers - Debone turkey and refrigerate all leftovers in shallow containers WITHIN 2 HOURS OF COOKING. For best quality use leftover turkey, stuffing and gravy within 3-4 days or freeze for 2-4 months. Reheat leftovers to a temperature of 165° F or until hot and steaming. **Discard any turkey, stuffing or gravy left out longer than 2 hours.**
Freezing Turkey and Leftovers - Package and freeze turkey, dressing, and gravy in meal size packages in freezer containers. Use within 2-4 months for best quality. Gravy or broth covering cooked turkey result in a moister product when thawed.
Other Questions? USDA MEAT AND POULTRY HOTLINE 1-888-674-6854 Or call your local Extension office 541-553-3238.

FoodHero.org



Gift Ideas from the Kitchen

Healthy foods make great gifts!

- ◆ **A fruit basket with oranges and tangerines.** Citrus can last 1 to 2 months in the refrigerator fruit drawer.
- ◆ **Healthy snack bags.** Make Food Hero Do-It-Yourself Trail Mix. Or create your own snack mix! Combine your favorite whole-grain cereals, dried fruit, pretzels and a few nuts.
- ◆ **Baking mix in a jar.** Layer the dry ingredients for Buttermilk Scones in a container or glass jar. Print the recipe and attach for an easy gift! Or give Master Mix (recipe on Foodhero.org) in a jar for easy baking.

Stay Healthy – Clean

Things that touch Food Often

- ◆ **Wash your hands** with warm water and soap for at least 20 seconds. You can time it by singing Twinkle, Twinkle, Little Star or the ABC song.
- ◆ **Wash cooking tools and sanitize kitchen surfaces.** Make your own sanitizer for surfaces: mix 1 teaspoon chlorine bleach in 1 quart (4 cups) of water in a spray bottle or bucket.
- ◆ **Wash sponges and cloth towels.** Sanitize by drying in the clothes dryer or soaking in the bleach solution.

Kids Can...

- ◆ fill gift baskets with oranges.
- ◆ measure and pour ingredients for Buttermilk Scones.
- ◆ sing the ABC song while washing their hands.

Food Packing Tip

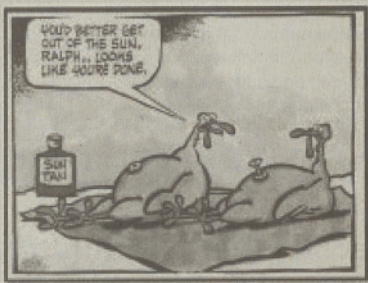
Wash and reuse glass food containers. Or look for containers at thrift shops or garage sales. Add a ribbon and colorful cloth or paper over the lid.

Monthly Hero Checklist

- ☐ Enjoy oranges and tangerines. They are in season December through August.
- ☐ Wash hands before meals.

Approximate Roasting Times for Turkey (Oven Set at 325°F)

Weight (pounds)	Unstuffed (hours)	Stuffed (hours)
8 to 12	2 ¾ to 3	3 to 3½
12 to 14	3 to 3¾	3½ to 4
14 to 18	3¾ to 4¼	4 to 4¼
18 to 20	4¼ to 4½	4¼ to 4¾
20 to 24	4½ to 5	4¾ to 5¼



Central Oregon Agricultural Research Center

Private Pesticide Applicator Exam Prep Class

Core/Other Credits - Gustavo Sbatella

A training to prepare for the Private Pesticide Applicator license will take place December 11, 2013 at the Madras, ORCC Campus. It is a 12-hour course for those who are not currently licensed. If you need "Core" or "Other" credits before the end of the year, this class will provide 4 hours. Registration is \$45, and can be paid by credit card or cash at the time. Oregon Pesticide Safety education materials are also available at the Central Oregon Agricultural Research Center (541) 553-3238 for \$22.50.

For those wishing to take another, fully hands-on EPT, will be processing fees at \$100. There is a \$25 fee per exam and phone (if required). Please contact her at 541 553 3238 or gsbatella@oregonstate.edu for more info.

Friday
DEC. 13
8 A.M. - 12 P.M.

ORCC Madras Campus
1571 E. Ashland Rd. Madras, Oregon 97741
Class Fee: \$45
Online Registration: <https://extension.oregonstate.edu/cew/2/register/503>

gsbatella@oregonstate.edu or gsbatella@oregonstate.edu

Oregon State University

OSU Extension Presents Horse Nutrition Workshop

Date: Thursday - January 16th, 2014
Time: 5:00-8:30p.m.
Location: OSU Extension Basement, 1110 Wasco Street, Warm Springs

Guest speakers include Nate Smith, Equine Nutritionist & Dr. Cassie Terry, Redwood Veterinary Clinic

Topics Include:

- Equine Digestive System
- Nutrition for the performance horse
- Equine Parasite Control

For more information please contact the Warm Springs OSU Extension office at 541-553-3238