

Cooperative Extension Service

Lee County
259 Industrial Park Rd
Beattyville, Ky 41311
(606) 464-2759
Fax: (606) 464-9908
extension.ca.uky.edu

Extension News

Agriculture*Family & Consumer Science*4-H Youth Development

Let's Talk Turkey Safety!!

Source: Annhall Norris, UK extension specialist

It's nearly Thanksgiving, and soon, delicious, juicy turkeys will take center stage at many of our holiday meals. It's so important to properly cook and prepare these birds, because you don't want anyone to get sick from a food-borne illness.

It does not matter whether you purchase a fresh or frozen turkey. But if you plan to purchase a pre-stuffed turkey, make sure it is frozen and has a seal that states it was inspected by either the U.S. Department of Agriculture or a state department of agriculture. The USDA does not recommend that you purchase a fresh, pre-stuffed turkey, because if handled incorrectly, harmful bacteria can quickly grow in the stuffing.

You can safely thaw turkeys in either the refrigerator, cold water or the microwave if the turkey is cooked immediately. You can safely cook a frozen turkey but realize that it will need to cook at least 50% longer than a thawed one.

Once you are ready to cook your turkey, set the oven temperature no lower than 325 degrees Fahrenheit and place it on a rack in a shallow roasting pan.

You can add one-half cup of water to the bottom of the pan to keep the turkey moist. For optimal food safety, the USDA recommends that you separately cook the turkey and stuffing, so you can make sure both items reach 165 degrees Fahrenheit.

Measure the turkey's internal temperature with a food thermometer, even if the turkey includes a pop-up thermometer. Check the temperature in several locations including the thickest part of the breast, the innermost part of the thigh and the innermost part of the wing to make sure the temperature is 165 degrees throughout.

Remember to store leftovers within two hours after the meal. Discard any food that's been left out longer than that. To make reheating easier, divide leftovers into small portions. Eat refrigerated leftovers within three to four days. Frozen leftovers will keep for two to six months. Remember when reheating leftovers, make sure the internal temperature of the food is at least 165 degrees.

This issue:

FCS Program Highlights

FCS UPCOMING PROGRAMS

Homemaker Happenings

AREA HOMEMAKER MEETING

Microgreens

CYBER SECURITY

Eat Safe Food After a
Power Outage

RECIPE

November Calendar



Family and Consumer Science Program Highlights

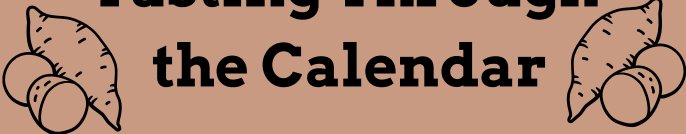


Senior Cooking Series

The Senior Cooking Series is a hands-on program designed to help older adults enhance their cooking skills while learning valuable health and nutrition tips. Participants explore topics like MyPlate for balanced meals, improve their knife skills for safer meal prep, and discover the convenience of slow cooker cooking. Each session includes recipe tastings and practical tips for making delicious, budget-friendly meals, such as "Dinner on a Dollar." This engaging series empowers seniors to cook nutritious meals with confidence while staying within their budget.



Tasting Through the Calendar



FCS Agent went to Senior Citizens to let the participants sample the October NEP Calendar recipe, "Sweet Potato Hash". They also got an update on programs at the Extension office. Next session: Sept. 21st.

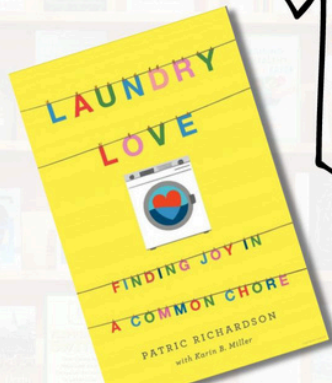


Laugh & Learn Playdate

Join our 12-month Laugh and Learn program that targets school readiness. Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities and free play. *All children must be accompanied by an adult.

DATE: NOVEMBER 19TH
TIME: 3:30 P.M.
FOR: AGES 5 & UNDER

BIG BLUE BOOK CLUB



REGISTER @ <https://ukfcs.net/BBBClaundry>

“You do laundry for the people you love, including you.” says Patric Richardson, the Laundry Evangelist. The tv host and author of Laundry Love: Finding Joy in a Common Chore will join us direct from his laundry room for an engaging one-time event for the next session of Big Blue Book Club! On November 7, 2024, at 6:00 pm central/7:00 pm eastern, Patric will return to his Old Kentucky home via Zoom to answer all your laundry questions, just as he does in his Mall of America store in Minnesota or on “The Laundry Guy” tv show. Register at <https://ukfcs.net/BBBClaundry>.

laundry questions and solving stubborn cleaning challenges.
Registration is required to receive the Zoom link.

 Cooperative Extension Service



Survive & Thrive Disaster Preparedness Series

December Topic: *Winter Weather Preparedness for Home & Family*

Register for one of these events by calling the Extension Office where you wish to attend:

Perry Co. – 606.436.2044
Letcher Co. – 606.633.2362
Lee Co. – 606.464.2759

PERRY COUNTY
DECEMBER 3 @ 10:00 AM

LETCHER COUNTY
DECEMBER 5 @ 10:00 AM

LEE COUNTY
DECEMBER 6 @ 10:00 AM

Passport Challenge

We will be starting a new Passport Challenge. Join us on **December 12th** at **5 PM**. Log all locations, events, and more in your travel booklet.
Lets explore KY!!





Homemaker HAPPENINGS

STOP BY THE OFFICE OR MAIL IN

HOMEMAKER DUES

\$8.00

Deadline Dec. 2nd

Reminder!!!!

Log those volunteer hours!



Holiday Luncheon

Join us for a get together to enjoy some great food, fun crafts, a short meeting, and great company.

DEC. 11, 2024 •

11:00 AM • LEE COUNTY
EXTENSION OFFICE

HOMEMAERS ARE ENCOURAGED TO
BRING A SIDE DISH OR DESSERT,
BUT NOT REQUIRED. CALL TO
REGISTER BY DEC 6TH AT 606-464-
2759. SEE YOU THERE!

Holiday Road Show

Date: November 8th

Time: Lee County @ 10 AM

Location: Lee Extension Office

Call to register: 606-464-2759

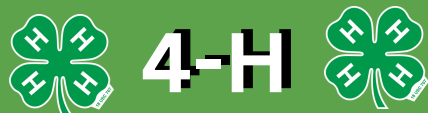




The Area Homemaker Meeting, held in Letcher County, brought together homemakers from across the Quicksand Area, including Lee County representatives. Led by Area Homemaker President Pam Campbell, the gathering celebrated the dedication and accomplishments of its members. Lee County Homemakers were honored during the event, with Shirley Reece and Pam Campbell receiving awards for their outstanding volunteer hours. Additionally, Michelle Schmidt earned recognition for her achievements in Cultural Arts, advancing to the state level. The meeting not only strengthened community ties but also highlighted the remarkable contributions of the Lee County, and Area Homemakers.



Grow Your Own Microgreens with



Microgreens are tiny plants that are harvested soon after sprouting instead of when they have grown to a full-size plant. You can get microgreens from many different types of seeds, including kale, broccoli, arugula, and radish. Microgreens are a delicious healthy addition to many meals, including salads. In this activity, you will learn how to grow and take care of plants in a microgreen system. This microgreen experiment is a great example of how easy it can be to grow your own food. Other than your supplies, all you need is a little bit of time and patience.

Why Microgreens?

Microgreens contain up to nine times the amount of nutrients compared to their full-size counterparts. A handful of these miniature plants pack a concentrated punch of vitamins, minerals, and antioxidants. Adding these to your diet is an easy way to increase the nutritional value of your meals.

Materials Needed

- a shallow aluminum pan with plastic lid
- soil
- seeds
- spray bottle & water
- scissors
- grow light (optional)



Activity Steps

Microgreens take about 10-14 days to grow from start to finish, depending on the temperature where they are growing. The warmer it is, the faster the seeds will germinate, and the sooner you will start to see your microgreens stretch and grow.

Prep your soil. Before you begin planting, spread your soil throughout the tray, until you have an even layer about one-half-inch to one-inch deep. Gently press the soil into your tray so that it becomes firm.

Sprinkle your seeds. Now it's time to plant (or rather, sprinkle) your seeds! Remember: Less is more. If you sprinkle too many seeds in the tray, they will clump together and encourage mold or fungus to grow.

Follow these steps to encourage proper spacing of your seeds:

- Place half of your seeds in one hand.
- Give your tray a light dusting of seeds by sprinkling the seeds across the entire space.
- Repeat with the remaining seeds, trying to fill in the spots that don't have as many.
- Add a thin layer on top of the seeds.

Tip: *If you are planting more than one type of seed in your tray, you will want them to be approximately the same size to encourage even growth.*

Let there be light. After about 3-4 days, your seedlings will start to search for light and you should see some sprouting! When they get to be about 1-inch tall, they are ready to receive some light.

- Move your tray under the grow light. Keep the light centered over the plants to ensure even growth.
- Don't have a lamp? A location with bright daylight will work, too.

Tip: *Temperature is less important now, but ideally, you want the temperature to be between 60 and 70 degrees.*

How to harvest. After about 7-10 days, your plants should have grown over the top of the tray. You will initially see cotyledons – the first leaves of the plant – followed by the plants' "true leaves." When you start to see the true leaves pop out, they are ready to harvest.

To harvest:

- Do not pull out the microgreens.
- Use a scissors to cut the greens about a half inch above the tray.

Tip: *Store your microgreens in a sealable glass or plastic container, a reusable plastic bag, or anything that will hold in moisture. Keep them in the fridge, but do not freeze them or they will turn mushy and go bad.*



BE PREPARED FOR A CYBERATTACK



Cyberattacks can lead to loss of money, theft of personal information, and damage to your reputation and safety.



FEMA

FEMA V-1002/June 2018

Cyberattacks are malicious attempts to access or damage a computer system.



Can use computers, mobile phones, gaming systems, and other devices



Can include fraud or identity theft



Can block your access or delete your personal documents and pictures



May target children



May cause problems with business services, transportation, and power

PROTECT YOURSELF AGAINST A CYBERATTACK

Keep software and operating systems up to date.



Use strong passwords and two-factor authentication (two methods of verification).



Watch for suspicious activity. When in doubt, don't click. Do not provide personal information.



Use encrypted (secure) internet communications.



Create backup files.



Protect your home Wi-Fi network.

HOW TO STAY SAFE WHEN A CYBERATTACK THREATENS

Prevent NOW

Keep your anti-virus software updated.

Use strong passwords that are 12 characters or longer. Use upper and lowercase letters, numbers, and special characters. Change passwords monthly. Use a password manager.

Use a stronger authentication such as a PIN or password that only **you would know**. Consider using a separate device that can receive a code or uses a **biometric scan** (e.g., fingerprint scanner).

Watch for suspicious activity that asks you to do something right away, offers something that sounds too good to be true, or needs your personal information. **Think before you click.**

Check your account statements and credit reports regularly.

Use secure internet communications. Use sites that use "HTTPS" if you will access or provide any personal information. Don't use sites with invalid certificates. Use a Virtual Private Network (VPN) that creates a secure connection.

Use antivirus solutions, malware, and firewalls to block threats.

Regularly back up your files in an encrypted file or encrypted file storage device.

Limit the personal information you share online. Change privacy settings and do not use location features.

Protect your home network by changing the administrative and Wi-Fi passwords regularly. When configuring your router, choose the Wi-Fi Protected Access 2 (WPA2) Advanced Encryption Standard (AES) setting, which is the strongest encryption option.

Limit Damage DURING

Limit the damage. Look for unexplained charges, strange accounts on your credit report, unexpected denial of your credit card, posts you did not make showing up on your social networks, and people receiving emails you never sent.

Immediately change passwords for all of your online accounts.

Scan and clean your device.

Consider turning off the device. Take it to a professional to scan and fix.

Let work, school, or other system owners know. Information Technology (IT) departments may need to warn others and upgrade systems.

Contact banks, credit card companies, and other financial accounts. You may need to place holds on accounts that have been attacked. Close any unauthorized credit or charge accounts. Report that someone may be using your identity.

Report AFTER

File a report with the **Office of the Inspector General (OIG)** if you think someone is illegally using your Social Security number. **OIG reviews cases of waste, fraud, and abuse.** To file a report, visit www.idtheft.gov.

You can also call the Social Security Administration hotline at 1-800-269-0271. For additional resources and more information, visit <http://oig.ssa.gov/report>.

File a complaint with the FBI Internet Crime Complaint Center (IC3) at www.IC3.gov. They will review the complaint and refer it to the appropriate agency.

Learn tips, tools, and more at www.stophinkconnect.org.



FEMA

FEMA V-1002

Take an Active Role in Your Safety

Go to Ready.gov/cybersecurity. Download the **FEMA app** to get more information about preparing for a **cyberattack**.



Eat Safe Food after a Power Outage



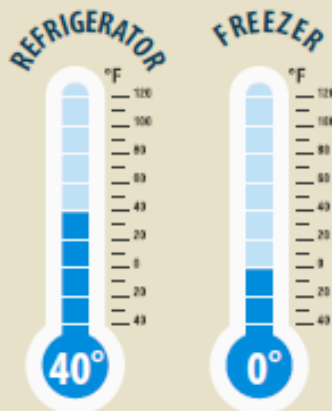
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.



Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.

During

KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. **When in doubt, throw it out.**

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture**.
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40 °F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40 °F or below.



www.cdc.gov/foodsafety



Ted John



Laker Campbell



Eric Collins

What is 4-H Youth Development?

Kentucky 4-H empowers youth with life skills, leadership training, and a passion for community service. Through hands-on projects in areas like science, healthy living, and civic engagement, young people gain practical skills and confidence to become active, informed citizens.

What is Agriculture and Natural Resources (Ag)?

The Agriculture and Natural Resources program supports Kentucky farmers, gardeners, and landowners with research-based knowledge in areas like sustainable agriculture, crop and livestock management, soil health, and environmental stewardship. Ag Extension helps enhance productivity, profitability, and environmental quality in rural and urban communities.

What is Family & Consumer Sciences (FCS)?

Family & Consumer Sciences programs provide individuals and families with resources and education in health, nutrition, financial literacy, and overall well-being. Through classes, workshops, and community initiatives, FCS equips Kentuckians with skills to make informed decisions, live healthier lives, and strengthen family and community bonds.

Broccoli Pizza

- | | |
|--|--|
| 1½ cups shredded Monterey Jack cheese | ½ medium red bell pepper, cut into strips |
| 1 12-inch whole wheat pizza crust | 1 medium tomato, thinly sliced |
| 1 cup chopped broccoli florets | 2 cloves minced garlic |
| 1 medium zucchini, thinly sliced | 1 teaspoon dried Italian seasoning |
| 1 medium onion, sliced into strips | 2 tablespoons vegetable oil |

- | | | |
|---|---|--|
| 1. Sprinkle half of the cheese evenly over crust; set aside. | 3. Spoon vegetables evenly over pizza crust. | Yield: 8 slices
Nutrition Analysis:
320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein. |
| 2. Sauté vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender. | 4. Top with remaining cheese. | |
| 5. Bake at 450° F 5 minutes or until cheese melts. | | |

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



BE SURE TO CHECK OUT OUR FACEBOOK PAGE AND GIVE US A "LIKE" SO YOU CAN BE UPDATED ON CURRENT PROGRAMS.



11 NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Office Closed VOTE	6	7	8 Holiday Road Show @10 AM	9
10	11	12 Council Mting: 4:30 Board Mting: 5:30 Beef Webinar (Shooting the bull)	13	14	15	16
17	18	19 Laugh & Learn @3:30PM 	20	21	22	23
24	25	26 Diabetes Support Group @6 PM 	27	28  Office Closed	29 Office Closed	30

Services

- Farm Planning
- Gardening
- Forge Evaluations
- Crop Evaluations
- Timber Stand Improvement
- Pest & Disease Diagnostics
- Lawn Care
- Landscape Evaluations
- Pond Management
- Hay & Soil testing
- Beef Quality & Care Assurance
- free on the KY Beef Network
- Pressure Gauge Testing