Vol. 2007 October, November, December Issue 4

Let’s Talk Turkey

One of the featured foods during Thanksgiving is the turkey. It is the centerpiece of many Holiday gatherings. Make your turkey delicious and safe by following these tips for the holidays.

Purchase the right turkey

- Consider buying a fresh turkey for your grocery store. It is already defrosted and there is no added fat or sodium like the self-basting, frozen birds.
- For a small dinner party with 6 or less people, why not purchase just the breast? A bone-in turkey breast gives you a small turkey roast that can be carved in the traditional style without the excess fat and leftovers from dark meat.
- Frozen turkeys should be rock hard.
- Fresh turkeys should be firm.

Fresh Turkeys

- Allow 1 pound of turkey per person.
- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep it stored in the refrigerator until you’re ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.

Do not buy fresh pre-stuffed turkeys. If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

Frozen Turkeys

- Allow 1 pound of turkey per person.
- Keep frozen until you’re ready to thaw it.

Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.
Thawing Your Turkey

In the Refrigerator—(40 °F or below) Allow approximately 24 hours for every 4 to 5 pounds.

Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

In Cold Water—Allow approximately 30 minutes per pound. Wrap your turkey securely, making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

REMEMBER: Remove the giblets from the turkey cavities after thawing. Cook separately.

Roasting Your Turkey

- Set your oven temperature no lower than 325 °F.

- A whole turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.

- If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey with a thermometer. The minimum internal temperature should reach 165 °F for safety.

- For quality, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.

Remove all stuffing from the turkey cavities.

Timetables for Turkey Roasting (325 °F oven temperature)

Use the timetables below to determine how long to cook your turkey. These times are approximate. Always use a food thermometer to check the internal temperature of your turkey and stuffing.

<table>
<thead>
<tr>
<th>Unstuffed</th>
<th>4 to 8 pounds (breast)</th>
<th>1½ to 3¼ hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 to 12 pounds</td>
<td>2¾ to 3 hours</td>
<td></td>
</tr>
<tr>
<td>12 to 14 pounds</td>
<td>3 to 3¾ hours</td>
<td></td>
</tr>
<tr>
<td>14 to 18 pounds</td>
<td>3¾ to 4¼ hours</td>
<td></td>
</tr>
<tr>
<td>18 to 20 pounds</td>
<td>4½ to 4⅓ hours</td>
<td></td>
</tr>
<tr>
<td>20 to 24 pounds</td>
<td>4½ to 5 hours</td>
<td></td>
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</table>

REMEMBER! Always wash hands, utensils, the sink, and anything else that comes in contact with raw turkey and its juices with soap and water.

For information on other methods for cooking a turkey, contact the Extension office or the USDA Meat and Poultry Hotline 1-888-MPHotline (1-888-674-6854) TTY: 1-800-256-7072 www.fsis.usda.gov
“Sweeter But Not Healthier”

Fructose, which is used primarily in beverages and baked goods, seems to reduce hunger. But it adds significant calories to your diet. So you may be eating more calories, but you do not feel like you are eating more calories!

Of all the naturally occurring sugars, fructose is the sweetest. For many years it was hoped that replacing corn syrup (glucose) in the diet with fructose-rich sweeteners might be beneficial to those with type 2 diabetes. Also because fructose is sweeter than other sugars, it was believed by some that increasing the amount of fructose and increasing other sugars might aid weight loss by reducing calorie intake. Unfortunately, Americans have been getting fatter as the amount of dietary fructose has increased due in part to the growing use of high-fructose corn syrup.

Research shows in large amounts (10-15% of calories or more) fructose promotes weight gain and increase in insulin resistance. There are other reasons to suspect diets high in fructose may be dangerous for people with metabolic syndrome and type 2 diabetes. Diets higher in fructose adversely impact blood lipids and promote cardiovascular disease and can lead to insulin resistance and type 2 diabetes in genetically predisposed people.

Foods That Often Contain High-Fructose Corn Syrup:

Below are foods that often contain high fructose corn syrup. Read the ingredient list of foods you are buying. Bold foods below usually contain a substantial amount.

<table>
<thead>
<tr>
<th>Breakfast cereals</th>
<th>Granola Bars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned soups</td>
<td>Ice cream, sherbet and sorbet</td>
</tr>
<tr>
<td>Cheese spreads</td>
<td>Instant breakfast drinks</td>
</tr>
<tr>
<td>Chicken products</td>
<td>Jams, jellies and preserves</td>
</tr>
<tr>
<td>Chocolate syrup</td>
<td>Peanut butter</td>
</tr>
<tr>
<td><strong>Cookies</strong></td>
<td>Pickles and relish</td>
</tr>
<tr>
<td>Crackers</td>
<td>Salad dressing and mayonnaise</td>
</tr>
<tr>
<td>Dessert toppings</td>
<td>Sauces and condiments</td>
</tr>
<tr>
<td>Fish, seafood</td>
<td><strong>Soft drinks and sweetened beverages</strong></td>
</tr>
<tr>
<td>Flavored milks</td>
<td>Tomato sauce, tomato paste, pasta sauce</td>
</tr>
<tr>
<td>Fruit butters</td>
<td>Yogurt</td>
</tr>
<tr>
<td><strong>Fruit drinks and juices</strong></td>
<td></td>
</tr>
</tbody>
</table>
Aromatic Rice

Grocery stores are ramping up their whole grain choices. It is fun to try new varieties of rice—including the aromatic varieties. These are named for their wonderful aroma that they emit while cooking. Basmati and jasmine are two common varieties found in most grocery stores. And they come in white and brown varieties. These make an excellent choice in both versions for cooks who are trying to give up the boxed rice mix habit. They have a wonderful smell and a lot of flavor. In their plain state, they are naturally low in fat and sodium.

Credit Card Interest

How can you even begin to understand your credit card statement, when you don’t understand the terms?!? The different ways interest is calculated when using credit cards can be very confusing. There are a couple of different ways to calculate interest accrued on a credit card, and some will cost you more than others. Let’s look at the different calculations!

Previous Balance Method
- Interest is charged on the balance at the beginning of the new billing period.
- This is one of the more costly to cardholders because it charges interest on the beginning balance even if part of the balance has been paid off during the billing period.

Average Daily Balance
- Take the balance at the beginning of the day and subtract any payments made, then determine the average daily balance for the month.
- This is the most common type of interest accrual.

2-Cycle Average Daily Balance
- The average daily balances of the two prior periods are used but interest is charged only on the amount over the current cycle’s average daily balance.

Adjusted Balance Method
- Interest is charged based on the balance at the end of the billing period.
- This is the least costly to the cardholder because it charges interest to only the amount not paid off during the month.

What’s in Your Wallet? Check out YOUR credit card to determine how your interest is being calculated!

Protect Your Home Computer

Some pretty bad folks are trying to break into your computer all the time. But you can make it a lot harder for them.

The Threat
It may seem melodramatic, but the truth is, someone across the globe—or across the street—is working 24/7 to find ways to steal your passwords, and take control of your computer. Visit the wrong site or download the wrong file, and your PC could end up with “spyware” that tracks your surfing or “adware” that chokes your Internet connection. Meanwhile, since nearly everything you do on a computer leaves a trace somewhere, your privacy is at the mercy of companies that hold the data. Maybe they’ll hand it over to the government someday. Or they’ll just be careless with it, leaving you exposed to ID thieves.
Unless you are permanently logging off, though, you can't eliminate these risks. You can only learn how to manage them. So take some simple steps to make yourself a less appealing target and to help you recover more easily if you do get hit.

The Fix

Keep your computer up to date.
Hackers are constantly searching for flaws in your operating system, especially if you run Windows. So update your most critical software regularly. You can do this automatically. Check your settings (under Control Panel in Windows and Systems Preferences on Macs) to make sure automatic updates are on.

Use security software...
At a minimum, on Windows machines you must have antivirus, anti-spyware and firewall software. The antivirus/antispyware programs from Symantec and McAfee cost $40 for a year. Your Internet service provider may supply free software—compare it with the paid stuff by downloading a free trial. A firewall blocks outside computers from getting access to your machine. The latest versions of Windows and Mac OS X have optional basic firewalls. But Windows users should use a third-party firewall. Try a free download, such as zoneAlarm.com. Fire-walls also come bundled with all-in-one Internet-security suites, which range in price from $50 to $70.

Be careful at the coffeeshop.
A lot of places offer free laptop Wi-Fi access. But if it's easy for you to log on, it's easy for the guy at the next table to spy on you. Make sure your computer is set not to share files with a network, and avoid typing in passwords or sensitive data, especially if you’re on an unsecured Web page (one that doesn't start “https”). No matter what, don’t do your banking in a public spot.

Get smart—and get real—about passwords.
Use different passwords for your sensitive accounts. A strong password is long, combines letters and numbers and is not a dictionary word, name or anything someone who knows a bit about you could guess.

Source: Money, December 2006

Steps to a Healthier Weight

Mypyramid.gov now has a new section on their website called “Steps to a Healthier Weight.” There are illustrations showing how body weight is the result of a balancing act between calories in and calories out and more links for:

- Why move toward a healthier weight?
- What to eat—food choices
- How much to eat—portion sizes
- Increasing physical activity
- Tracing food intake and physical activity
- Website links

Source: Communicating Food for Health—September 2007
An Apple A Day

There is one fruit that your body loves! It’s round, it’s red and it’s delicious!

Contains only 80 calories, has no fat or sodium, and comes in its own beautiful, portable package.

Provides more fiber than most cereals and breads. About 80 percent of the fiber is soluble, which reduces cholesterol. The remaining 20 percent may help prevent certain cancers. The high fiber content helps maintain blood sugar levels.

May improve lung function, lower the risk of stroke and heart disease, and slow the growth of colon and liver cancer.

Contains essential vitamins, including A, B, B2 and C, as well as niacin, phosphorous, magnesium, iron and potassium.

Get the most nutrition by eating the peel also. That’s where most of the health helping flavanoids are found.

Source: Facets, September 2007

Turkey Corn Soup

1 cup chopped onion
2 cups diced celery
1 Tbsp vegetable oil
3 cups chicken broth
1 Tbsp all-purpose flour

1 cup roasted turkey breast, skinless, diced
2 cups frozen corn
Black pepper, to taste
1 tsp garlic powder
½ tsp dried thyme

Heat a large soup pot over medium-high heat. Sauté onion and celery in vegetable oil until golden, about 3 minutes. Mix the flour with the broth and add to pot. Add the rest of the ingredients. Bring the mixture to a boil and reduce heat to medium. Cook until vegetables are tender, about 8-10 minutes.

Serves 5. 1 cup per serving. 163 calories

Source: www.foodandhealth.com
HERB SHAKERS

Herb Shakers make novel gifts for holidays or birthdays and they are a good way to introduce a health-conscious friend to alternative seasonings for salt. Both of these Herb Shakers can be used for meats, seafoods, soups, stews, and vegetables. Just blend, store in a shaker, and serve.

<table>
<thead>
<tr>
<th>for Bountiful Bouquet Mix</th>
<th>for Zesty Herb Mix</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blend 2 teaspoons thyme,</td>
<td>Blend 1½ teaspoons savory,</td>
</tr>
<tr>
<td>2 teaspoons marjoram,</td>
<td>1½ teaspoons marjoram,</td>
</tr>
<tr>
<td>1½ teaspoons ground rosemary,</td>
<td>1 teaspoon thyme,</td>
</tr>
<tr>
<td>1 teaspoon ground sage and</td>
<td>1 teaspoon ground sage,</td>
</tr>
<tr>
<td>1 teaspoon sweet basil and</td>
<td>1 teaspoon ground rosemary</td>
</tr>
<tr>
<td>pour into a shaker.</td>
<td>and 1 teaspoon tarragon and</td>
</tr>
<tr>
<td></td>
<td>pour into a shaker.</td>
</tr>
</tbody>
</table>

Grouper Parmesan

2 pounds fresh or frozen grouper fillets or other fish fillets
1 cup low-fat sour cream
1/4 cup (1 ounce) grated Parmesan cheese
1 tablespoon lemon juice
1 tablespoon grated onion
1/2 teaspoon salt
1/8 teaspoon hot red pepper sauce

Thaw the fillets in the refrigerator if frozen. Remove the skin and cut the fillets into six equal portions. Arrange the fillets in a single layer in a greased 8X12-inch baking dish. Combine the sour cream, cheese, lemon juice, onion, salt and hot sauce in a bowl and spread over the fillets.

Bake in preheated 350-degree oven for 25 to 30 minutes or until the fillets flake easily when tested with a fork. Garnish with chopped fresh parsley and paprika. Yield: 6 servings.

The recipes above are a sampling of the great things in Simply Florida. A taste of flavors from the Sunshine State. (the cookbook from Extension Family & Consumer Sciences agents). The really good news: There's going to be a HOLIDAY SALE! Books will be $20 each November 1-December 20th. Call the Extension office at 689-5850 or drop by the Crestview office. Remember funds raised support the Mary Harrison Professional Development Award from University of Florida.
Shrubs, Trees Planted In Fall Get A Head Start

Fall is an excellent time to plant shrubs and trees.

Because the air temperature is cooling, the plants planted during fall will not produce much top growth. This is actually an advantage for the plants because all of the energy for growth is going into producing a root system. When the weather begins to warm the following spring, plants established during fall are one step ahead. They already have additional roots to support the new growth which occurs in the spring.

Trees and shrubs grown in containers can be planted any time. But when planted in spring or summer, they often have to struggle to absorb the water and nutrients their growing tops need. As the new roots begin to grow out of the container shape, they send much of the nutrients and water that they absorb upwards to be used for top growth (new shoots, leaves, flowers, etc.). Little is left to grow more roots.

As the top gets too big for its roots, the almost inevitable spell of hot, dry weather brings on the real test: the increased demands by the top of the plant will outstretch the supplies the roots can provide. The plant may begin throwing off foliage and abandoning branches in an attempt to survive.

If you plant now through December, with average weather, the plant has a much better chance. The key is that the roots don't go dormant. They continue to grow and develop throughout the winter. And because the top is dormant for the winter (tops of even evergreen plants go dormant) there is little demand on the roots.

Fall planted ornamentals normally have a supply of carbohydrates and other food substances stored in their roots from the past growing season. So, with little demand from the tops, the roots are able to grow and become well established before the next spring.

When you plant in the fall, do almost everything exactly as you would do in the spring. The big difference is that you may not want to fertilize when you plant in the fall. Wait until the following growing season to fertilize. Also, you don't need to prune unless there are structural problems or damaged branches you need to remove.

You don't want to encourage foliage growth, but root growth, during the fall and winter. All other cultural practices would be the same as if you were planting in the spring.

After the plant is properly planted, be careful to water the plant as much as it needs. Continue to water as needed through the fall and winter.

Plants can be much more forgiving if you're a day late watering them in the fall. The real test won't come until next summer.

You may want to attend Fall: Florida’s Best Gardening Season seminar and daffodil sale on Saturday, October 20th at the Okaloosa County Extension Office in Crestview. I'll cover why fall is our best time to plant and Sheila Dunning will cover the newest in planting procedures for trees and shrubs. Linda Van Beck, author of Daffodils in Florida, will speak on daffodils and have a good variety of daffodils for purchase, which are known to do well in Florida. Master Gardeners will have various trees, shrubs and other plants available to purchase, too. Seating is limited. Call 689-5850 or 729-1400 ext. 5850 for reservations. There is no cost to attend.

Larry Williams,
UF/IFAS Extension Agent, Okaloosa County,
**Holiday Showcase**—Clubs will enjoy the Holiday Showcase during their regular club meetings in October. The public programs are scheduled for:

FWB—October 22, 6:00 p.m.
Crestview—October 25, 6:00 p.m.

Tickets for these events, which include tastings and a hands-on activity, are $4 in advance, $5.00 at the door. Please spread the word and sell lots of tickets!

**County Council-Dec. 7th, 10:00 a.m. Ft. Walton**—It’s time for the annual HCE Holiday Council Meeting/Dinner. Make plans now to attend. Come and bring a friend!! In addition to a great program, there will be a covered dish luncheon and gift exchange. Bring a gift (valued at $5), wrapped and with your name “from” on a tag. This is always a lot of fun!

On the business side of things, the 2008 officers will be elected and club presidents will be presenting their annual report. ALL members are strongly urged to attend!

**NOTE:** Club Presidents-please prepare a 1-2 minute summary of your club activities and accomplishments and be prepared to present it at Council Meeting December 7th.

**District HCE Meeting**— will be January 16 in Chipley. The cost of this event is $17. There will be a “Silent Auction” that will be held during the conference, as well as “Share A Skill,” fashion show and “Enterprises”. You may bring an item for the auction! Be sure to share your ideas for this event at the County Council meeting Dec. 7th. District Council is also looking for a few good people. If you are interested in being a District Officer, please do so! Credential forms are available from the UF/IFAS Extension Office. Hope to see a large number of Okaloosa HCE members there!

**Leader Trainings** are scheduled for:

October 30th—Crestview— Fire Safety,
November 29th — Ft. Walton (this is for the club program in January).

HCE Clubs **MUST** send 1-2 volunteers to attend each leader training.

*Wishing each and everyone a happy holiday season.*
Healthy Holiday Cooking

DECEMBER 13th, 6:00 p.m.
Location: Okaloosa Extension Office
5479 Old Bethel Road
Crestview, FL 32536

Pre-register by calling 689-5850 or 689-8445

Food demonstrations, tastings and holiday tips!
Sponsored by:
NOMC Healthy Woman
and
UF—Okaloosa Extension