

HCE NEWS

Fall Council was held on October 8 with 19 members answering roll call. In new business, motions passed to help with the Ambassador Grant project and to continue having the concession at the Jr. Stock Show. Elections were held; see the list below. Lunch featured a wonderful selection of recipes from the Centennial Cookbook. Carol Mulberry gave an outstanding program on Oklahoma History and a fun quiz, "Are You Smarter Than an Oklahoma 4th Grader? (I found out that I'm lucky my school days are behind me.)"

No Leader's Training in November. December is an open month. Enjoy the Holidays!

Beaver County 2008 OHCE Lessons

January ----- Underground Railroad Quilts
February ----- Medical Tests You Need
March ----- One Meat: 5 Meals, 5 Flavors
April ----- Blue Ribbon Pies
May ----- It's Fiesta Time
June ----- Clutter's Last Stand (District)
July ----- Home Ponds and Waterfalls
August ----- Gambling: The Risks & Odds (State)
September ----- NO LESSON: County Fair
October ----- Motivations and Inspirations
November ----- Let's Regain Our Patriotism (State)
December ----- NO LESSON: Open Month

2008 Beaver Co. OHCE Officers

President ----- Barbara Patzkowsky
Vice President/Pres. Elect ----- Marilyn Jones
Secretary ----- Joyce Bensch
Treasurer ----- Charlene Marshall
Song Leader ----- Karen Sue Grose
Pianist ----- Terry Wood
Chaplain ----- Claudine Knight

SANTA'S WORKSHOP

Northwest Center for Behavioral Health would like help getting gifts for their consumers. Toiletries, clothing, small games and other items or cash donations should be addressed to: Santa's Workshop, Northwest Center For Behavioral Health, PO Box 1, Fort Supply, OK 73841. A complete list of suggested gifts is available in the Extension Office.

WORKDAY SCHEDULED FOR NOVEMBER 6TH

Please come to the Fair building at 10am on Tuesday, Nov. 6th; help is needed to construct bedding for the Ambassador Grant Project. Virginia has a lot of denim that will be used to make bed quilts for the High Plains Outreach Center. Volunteers just need to bring sewing machines and sewing supplies. Bring a brown bag or take a break and go out to eat for lunch.

Beaver County won an Ambassador Grant to help renovate the family suite at the High Plains Outreach Center, a shelter for the homeless in NW Oklahoma. Homelessness is often incorrectly assumed to be only an urban problem. High Plains Outreach Center has provided shelter for people in need for about 14 years. Adults staying at the shelter can stay 30 days and must be working or seeking employment. With a frequent turn-over in guests, the rooms are showing wear and tear. The HCE project will soon correct that problem!

ELDER FAIR THANKS

Many thanks are sent to the individuals who worked at the Elder Fair or provided the snacks for the morning refreshments. Your generosity is always appreciated.

CCPS POSTPONEMENT

The Child Care Providers Seminar has been rescheduled until January 12, 2008. HCE provides the lunch for the participants. More details will be made available at a later date.

QUILT WINNER

Roger Marshall of Beaver won the OHCE Centennial "Road to Oklahoma" Quilt. Congratulations.

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BEAVER COUNTY FAMILY AND CONSUMER SCIENCES

Newsline

November 2007

Beaver County Extension Office * Courthouse * Box 339 * Beaver OK 73932 * (580)625-3464

Proper food handling helps ensure a safe holiday meal

Now that the ghosts and goblins are back in hiding for another year, many families across the state are making plans and preparations for the remaining holidays this year. Barbara Brown, OSU Extension Service food specialist, said many family holiday traditions are centered around food.

"Many holiday celebrations and parties include inviting friends and family to a meal, whether it be a sit-down affair or buffet style," Brown said. "Celebrations are all about sharing, but one thing the hosts of the party don't want to share is bacteria that cause foodborne illness."

The first thing to keep in mind regarding food safety is to always wash your hands before and after handling food. When preparing foods for a buffet, make sure hot foods stay hot and cold foods stay cold.

Hot foods should be held at 140 degrees Fahrenheit or warmer. Use chafing dishes, slow cookers and warming trays to maintain proper temperature. Cold foods must be kept at 40 degrees Fahrenheit or colder. Keep foods cold by nesting dishes in bowls of ice. If this is not possible, use small serving trays and continually replenish with fresh items.

Brown said the hosts of the party should keep the two-hour rule in mind. "Foods should not sit at room temperature for more than two hours. It's important to keep track of how long foods have been sitting on the buffet table and discard anything that sits out for more than two hours," she said.

Poultry, especially turkey, is a popular meat choice during the holiday season. The USDA Food Safety and Inspection Service recently lowered the recommended minimum endpoint temperature to 165 degrees Fahrenheit.

"The minimum internal temperature requirement was recommended by the National Advisory Committee on Microbiological Criteria for Foods," Brown said. "Based on the best scientific data available, NACMCF determined that the new recommended temperature of 165 degrees for poultry was at a point in which consumers can be confident that pathogens and viruses will be destroyed."

Research has shown that foodborne pathogens and viruses such as *Salmonella*, *Campylobacter* and the avian influenza virus are destroyed when poultry is cooked to an internal temperature of 165 degrees Fahrenheit. Brown said it is important for consumers to use a meat thermometer to determine exact internal temperature of poultry and other meats.

Oftentimes in a party situation, the hosts are left with a considerable amount of leftovers. Packing them up and sending them home with guests is one way to lessen the amount of food that must be stored. If you do send food home with guests, be sure it can be held at a safe temperature during their trip.

"People often ask how long certain foods can remain in the refrigerator and still be good to eat," Brown said. "Proper storage is necessary in order for foods to remain as fresh as possible."

Cooked meats such as fried chicken or cooked casseroles containing meat can be refrigerated and used within three to four days. Cooked stuffing also should be used within that time frame. Meats such as pork chops and roasts should be consumed in no more than five days. Heat leftovers to 165 degrees Fahrenheit.

Using these important tips will help ensure you are able to serve safe holiday meals.



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CRANBERRIES HERALD THE HOLIDAYS

CRANBERRIES: THE WONDER-BERRY

It's not unusual for holiday meals to feature dishes full of cranberries. We all know cranberries are fruits that are good for us. The majority of physicians and other health professionals believe there is a clear association between a diet high in fruits and vegetables and a low risk of chronic disease. Phytonutrients (naturally derived plant compounds), particularly antioxidants, are increasingly being shown to help optimize human health.¹

But cranberries aren't your average fruit; they may in fact be a "Wonder-berry". Cranberries help cleanse and purify the body² Cranberries contain proanthocyanidins (PACs) that can prevent certain of bacteria, including E. coli, associated with urinary tract infections, from sticking to the urinary tract wall.¹ The bacteria are harmlessly flushed out of the body. Research shows drinking cranberry juice cocktail daily can promote urinary tract health. The benefits of cranberry juice cocktail start within two hours and can last up to ten hours. That means one serving (8 oz.) in the morning and one at night may better help keep certain harmful bacteria at bay all day.² The anti-adhesion properties of cranberry may also inhibit the bacteria associated with gum disease and stomach ulcers.¹

Recent scientific research shows that cranberries and cranberry products contain significant amounts of antioxidants and other phytonutrients that may help protect against heart disease, cancer and other diseases.¹ One preliminary lab study suggests that a serving of cranberry juice cocktail may be as good for the heart as a glass of red wine. And without the alcohol, so the whole family can enjoy the benefits.²



FREEZING CRANBERRIES

In a few weeks, produce aisles will be brimming with bags of plump, ruby-red cranberries. Harvested from mid-September through October, fresh cranberries are available in stores generally available only from September to December. Unlike other berries, whole cranberries are not commercially available as frozen fruit. Freezing doesn't diminish the berry's nutrient content, so the Cranberry Institute recommends consumers freeze the berries to enjoy great-tasting and healthful cranberry products year-round.



- ◆ A 12-ounce bag of fresh cranberries contains about three cups of berries;
- ◆ Place bags of fresh berries directly into the freezer in their original bags;
- ◆ Cranberries will retain nutrients and stay fresh for nine months;
- ◆ Do not wash before freezing, but wash thoroughly before using in recipes;
- ◆ Pick out any leaves, stems or bruised berries;
- ◆ Frozen berries can be used in any recipe calling for fresh berries;
- ◆ Use an equal amount of frozen berries as fresh in recipes.

Packed with nutrients like antioxidants and other natural compounds, cranberries are a great choice for the health conscious consumer. Cranberries are available in a wide variety of forms including fresh fruit, juice, sauce, and dried. Include more cranberries in your diet today and start eating healthier today.²

Sources: 1. <http://www.cranberryinstitute.org> and 2. www.oceanspray.com. Numerous research sources supporting these statements are listed with the health articles on Oceanspray.

HOT CRANBERRY CIDER

Makes 14 one-cup servings

Brown sugar substitute to equal ¼ cup brown sugar
3 cinnamon sticks, plus additional sticks to use at stirrers
1 tablespoon whole cloves
8 cups cranberry juice
6 cups apple cider

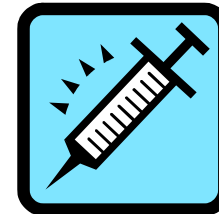
Put the sugar, cinnamon sticks and cloves in the basket of a large coffee percolator. Put the juices in the bottom of the percolator. Let the mixture perk as if making coffee. Serve with cinnamon stick stirrers, if desired.

If you don't have a percolator, combine cloves and cinnamon sticks in a piece of cheesecloth and tie closed securely with string for easy removal later. Simmer all ingredients in a sauce pan for about 5 minutes or longer for a stronger flavor. Remove spices before serving.

Adapted from Paula Deen's recipe at www.foodnetwork.com



FLU SHOTS



The Beaver County Health Department will offer flu shots on the following clinic dates and times:

Thursday, November 8th

Beaver -----Beaver County Fairgrounds 9am – 4pm

Tuesday, November 13th

Gate -----District #1 Shop 8am – 9am

Balko -----Balko School 9am – 11am

Forgan ----Golden Agers' Building 10am – 12pm

Turpin -----Senior Citizens' Center 1:30pm – 3:30pm

For more information contact the Beaver County Health Department (580)625-3693.

GREAT GIFT IDEAS

1. The Beaver County OHCE cookbook, "A Century of Tempting Treasures, 1907-2007" will make a great gift for just about anyone and at only \$10.00 each. Sales are going very well; you won't want to wait until the holidays or they may all be sold out! Some cookbooks are still available in the Extension Office.
2. Give a subscription of this newsletter to a friend or relative for Free. The aim of the [Beaver Co FCS Newslines](#) is to share educational information, timely topics, recipes, and more. Send the office the recipient's name and mailing address and we'll get them on the mailing list compliments of you. If the newsletter isn't right for them, we'll gladly remove their name.
3. If you'd like to order Gingher Scissors, please contact the Extension Office by November 12th. Scissors should arrive in time for gift giving. Numerous varieties, sizes, and price ranges are available.

