



# Hughes County Connection

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## Turkey Not The Only Holiday Option

With the holiday season just around the corner, many people already are planning their traditional turkey dinners for Thanksgiving and Christmas. It is not surprising that about 25 percent of the 274 million turkeys produced each year are served during these holiday celebrations.

There are numerous other meats, however, that also are traditional holiday fare, said Barbara Brown, Oklahoma State University Cooperative Extension food safety specialist.

"There is a wide variety of meats available for special holiday meals. Some families choose rib roast or ham, or some may even have the butcher cut a special crown roast of lamb," Brown said. "Families that may have a hunter in the clan may choose to feast on duck, venison or pheasant. And some smaller families may opt for a bird smaller than a turkey, such as a capon, duck, goose or Cornish hen, or a small cut of meat such as a pork tenderloin or veal roast."

Whatever meat is chosen for the special occasion, it is still important to follow food safety recommendations and cook the meat to a safe internal temperature.

Brown said that all meat purchased from a supermarket has been inspected by the USDA or state inspection systems.

"Once you've purchased the meat and brought it home, refrigerate it immediately," she said. "Cook or freeze fresh poultry within a day or two, and other types of fresh meat should be cooked or frozen within five days."

Holidays are special times and consumers often spend more money for specialty meat. These cuts are more costly because they are exceptionally tender or special.

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## Website Should Ease Some Pain

Websites are making everyone's lives easier. Having information a mouse click away is part of life for many. Many people have expressed the need for a Hughes County Extension Service website. Well, your pain has been eased. Although the website is changing daily, be sure to check it out. Just log on to our website at <http://countyext.okstate.edu/hughes> for easy access to fair books, livestock show rules, and past newsletters. There are also links to the Oklahoma AgWeather and OSU Master Cattleman websites. 4-H leaders and members will love having RAM forms, contest rules, and current pictures at your fingertips. Check it out!

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Got Turkey ??

Today's beef is leaner than in the past, so roasting cuts from the rib, tenderloin and the eye round to a medium rare, or 145 degrees Fahrenheit, helps ensure the meats stay juicy.

In addition to beef, pork also is leaner than it was about 25 years ago. Today's pork cooks more quickly so it can be easy to overcook it.

If wild game is on the menu for the holidays, soak the meat or poultry in a solution of one tablespoon salt or one cup of vinegar per quart of cold water. Use enough of the solution to cover the game completely. Soak overnight in the refrigerator. This process helps remove the "gamey" flavor of the meat.

"Wild game is usually much leaner than its domestically raised counterpart. Be sure to trim as much visible fat as possible as this is where a gamey flavor can reside," Brown said.

"Cover meat such as venison and game birds (if skinned) with oil-soaked cheesecloth or strips of bacon to help prevent the meat from drying out while roasting. The meat should be roasted at 325 degrees Fahrenheit.

"Roasting is the recommended method of cooking tender meats," Brown said. "To keep the meat tender and minimize shrinkage due to the evaporation of moisture, you should roast in a moderately slow oven at about 325 degrees. Due to the low temperature, you shouldn't roast meat at a temperature lower than 325 degrees because the foods may stay in the 'danger zone' of 40 degrees to 140 degrees for too long. Bacteria which may be present on these foods can multiply rapidly at moderate temperatures."

For complete roasting guides for a variety of meats, please visit [www.fcs.okstate.edu](http://www.fcs.okstate.edu).

## CoParenting Through Divorce

November 17, 2005

5:00 - 8:00 pm

Hughes County Courthouse

OSU Extension Center

Holdenville, Ok

This class is for parents with minor children who are reviewing their divorce decree or going through a divorce for the first time. Most par-

ents bristle at the thought of parenting classes. Relax. I'm not going to lecture for 2-1/2 hours on how I think you should raise your kids. We will focus on how divorce affects children and ways to help them cope with a tough situation. The workshop is very informal. We will be doing several activities in which the group participates - wear comfortable clothes.



## *Purpose for 4-H Events and Activities*

4-H events and activities provide many of the most unforgettable memories for our 4-H members. Local, county, district and state events and activities provide opportunities to meet new people, make new friends, enjoy new experiences, and learn more about ourselves, our project work and the 4-H program.

Events and activities are an extension of 4-H project work. Events are typically competitive educational programs. Activities are educational programs without a competitive component. The purpose for both is first and foremost education.

4-H events provide an opportunity for education, evaluation, and recognition. (Examples of 4-H events include: Public Speaking, Communications, Fabric and Fashion, Share the Fun, Achievement

Program, Fair and Stock Shows, Food Show, Horticulture Show, Meats Contest, Horse Show, etc.)

4-H activities provide an opportunity for education, participation and fellowship. 4-H activities are very important because they develop and maintain interest in the 4-H program. Activities will vary from club to club and county to county. (Examples of county 4-H activities include: 4-H month, Camp, Field Days, Ronald McDonald Campaign, tours, fund raisers, parent-volunteer training, judging school, etc.) (Examples of local 4-H activities include: Parents' Night, tours, picnics, community service, etc.)

To learn more about the process of planning refer to *4-H Volunteer Development Series Lit. 848, "4-H Events and Activities."*

## *4-H Impressive Dress & Fashion Revue*

**November 9, 2005 ~ 3:30 pm**

**Moss Public Schools**

The 4-H Impressive Dress and Fashion Revue event is to teach youth appropriate dress for every occasion as well as helping youth acquire speaking ability. Youth clothing falls into four categories: Active, Casual, Dress and Western wear.

Impressive Dress is conducted for youth to model

purchased clothing and to present a short presentation on the cost involved, fiber content of the garment, proper care techniques and where they wear their outfit.

Fashion Revue is conducted for youth to model clothing they have made and to answer questions from the judge on fiber content, care, cost and difficulties they experienced in constructing the garment.

## *New Hughes County HCE Cookbook On The Way*

Hughes County HCE is starting a new cookbook to be available for purchase at the 2006 county fair. If you have a family recipe you would like to have published under your name, or your ancestors name you can email the information to the OSU Extension Office to [susan.pearson@okstate.edu](mailto:susan.pearson@okstate.edu) or put it on a disc and mail it to OSU Extension, 200 N. Broadway, Suite #2, Holdenville, OK 74848. For further information call 379-5470.

## Get REDI

The Rural Economic Development Initiative (REDI) is a cooperative effort of Oklahoma State University and Rural Enterprises, Inc. In August, Oklahoma House Speaker Todd Hiett announced REDI and a legislative task force to create an economic action plan for rural Oklahoma. Former Congressman Wes Watkins is directing task force operations designed to assist in new product development, the expansion of start-up companies, and to aid

existing Oklahoma firms. Hughes County Extension Educators will have questionnaires available for interested individuals. The goal of the questionnaire is to identify firms/individuals that need business development assistance and to determine what the assistance may be. Completed questionnaires will be tabulated and reported, but only group totals will be reported in published documents. Absolutely no names will be reported in any published documents.

If individual firms will identify specific needs for assistance, OSU Extension and REI are in a position to provide some of that assistance.

If you or someone you know would like more information on the REDI project please contact the Hughes County Extension Office. The completed questionnaires must be returned to the Extension Office no later than the third week of November.

## The Impact of Poultry Litter

Poultry litter is beginning to have a major impact on Hughes County. With rising fuel and fertilizer prices, many producers are looking for an alternative. Poultry litter is an excellent, low cost fertilizer if used properly. The first step is to obtain a soil sample from the field that needs fertilizer.

After determining the soil's nutrient needs, the next step is to decide how much litter is

needed to improve growing conditions. The fertilizer value of poultry litter depends on the type of birds, age of the litter, and moisture content. A common estimate is that one ton of litter is equivalent to a 60-60-50 blend of traditional fertilizer. However, each load will be tested and a specific analysis will be given to the producer.

The application timing is essential for efficient nutrient use and pollution prevention. Litter should

be applied as close to crop planting dates or forage growing seasons as possible.

All applicators must attend nine hours of OSU Extension training within one year of application.

Producers wanting more information on poultry litter may contact the Hughes County Extension Office or check it out on the web at [www.poultrywaste.okstate.edu](http://www.poultrywaste.okstate.edu)

"The fertilizer value of poultry litter depends on the type of birds, age of the litter, and moisture content."

## Diabetic Holidays

### No Sugar Pumpkin Pie

1 cup evaporated milk  
 2 eggs  
 1 heaping Tbsp. of flour  
 1 cup pumpkin  
 1 tsp. cinnamon  
 3 packets powdered sweetener

Mix all ingredients together, pour into 8" pie shell, and bake at 350 degrees until set in the middle.

### No Sugar Pecan Pie

3 eggs beaten  
 2 packets of artificial powdered sweetener  
 1 cup sugar free maple syrup  
 1/4 cup melted margarine  
 1 cup pecans

Mix together and pour into 8" unbaked pie shell. Bake 45 minutes in 350 degree oven.

## Predicting the time of calving

By Glenn Selk

Scientists recorded data on 5 consecutive years in a herd of spring calving crossbred cows at the Kansas State University Agricultural Research Center at Hays, Kansas. They recorded the time of calving (to within the nearest one-half hour). Births that could not be estimated within an hour of occurrence were excluded. Cows were fed forage sorghum hay daily between 4:00 and 6:00 pm. For statistical purposes, the day was divided into four-hour periods.

Between 6:00 and 10:00 am, 34.23% of the calves were born;  
 Between 10:00 am and 2:00 pm, 21.23% of the calves were born;  
 Between 2:00 and 6:00 pm 29.83% of the calves were born;  
 Between 6:00 and 10:00 pm, 8.41% of the calves were born;

Between 10:00 pm and 2:00 am, 4.4% of the calves were born; and  
 Between 2:00 am and 6 am, 1.91% of the calves were born.

It is interesting to note that 85.28% of the calves were born between 6:00 am. and 6:00 pm.

These data also revealed that for a majority of a animals in the herd, the time of calving was within 3 hours of the average time of day that cow had previously given birth. Feeding the forage in the early evening hours undoubtedly influenced the percentage of cows calving in daylight hours. Source: Jaeger and co-workers. Abstracts 2002 Western Section of American Society of Animal Science.



## ***CONGRATULATIONS!***

A huge congratulations goes out to the recently elected 2006 HCE Officers :

President-	LaTrishia Sherry
V. President—	Marjorie Crump
Secretary—	Evelyn Gordon
Treasurer -	Colena Huffstutlar

## ***4-H Volunteer Certification***

November 16, 2005 ~ 3:30 pm

Hughes County Courthouse

Commissioners Conference Room



4-H adult and youth volunteers applying for certification will be receiving a letter of invitation to attend this event. If you have not applied and you are interested in becoming a certified volunteer, contact your local 4-H club leader or the OSU Extension Center @ 379-5470. We would love to have you become a part of the 4-H team!

## ***Poinsettia Sales***



The Hughes County 4-H Club will be selling poinsettias this holiday season. The funds raised will be used to support county youth in their 4-H endeavors. Poinsettia sales will begin on November 1st and continue through November 22nd. They will be delivered the week of December 4th. A 10" red poinsettia will cost \$20. To order, please contact your local 4-H club or the Hughes County Extension Office at 405-379-5470.

## ***HCE Christmas Council***

December 14, 2005 ~ 11:30 am  
Susan's Place  
(call Susan for directions)

Calling all HCE members. This council is to have fun and recognize all your accomplishments achieved this past year. You have worked diligently on building your HCE foundation and you deserve a little R&R! We will enjoy a meal together, play games and enjoy a rousing game of Dirty Santa. RSVP to Susan by December 5<sup>th</sup>.



# Calendar of Events

## November

- 7th — Master Cattleman @ Wes Watkins Tech. Center — 6:30 p.m.
- 7th — HCE Yearbook Planning Meeting @ Hughes County Courthouse — 10:00 a.m.
- 8th — Crossroads of America Cow / Calf Conference @ Norman
- 9th — Impressive Dress / Fashion Revue @ Moss — 3:30 p.m.
- 14th — HCE Life Stories Writing Workshop @ Hughes County Courthouse — 10:00 a.m.
- 16th — 4-H Volunteer Certification Training @ Hughes County Courthouse — 3:30-5:30
- 17th — CoParenting Through Divorce @ Hughes County Courthouse — 5:00 p.m.
- 28th — Master Cattleman @ Wes Watkins Tech. Center — 6:30 p.m.

## December

- 1st — Sheep & Goat Nominations Due for Oklahoma Youth Expo
- 5th — Master Cattleman @ Wes Watkins Tech. Center — 6:30 p.m.
- 5th — HCE Photography Workshop — 10:00 a.m.
- 7th — FCS Program Advisory Council @ Abuelita's Restaurant — 12:00 p.m.
- 9th & 10th — 4-H District Leadership Lock-In @ McAlester
- 12th — Master Cattleman @ Wes Watkins Tech. Center — 6:30 p.m.
- 15th — Oklahoma Youth Expo Scholarship Applications Due
- 16th — \$5 Entries Due for Hughes County Spring Livestock Show
- 28th — 4-H Core III Volunteer Leaders Training — 10:00 a.m.

## January

- 5th — Swine Nominations Due for Oklahoma Youth Expo
- 9th — Master Cattleman @ Wes Watkins Tech. Center — 6:30 p.m.
- 20th — \$25 Late Entries Due for Hughes County Spring Livestock Show
- 19th — CoParenting Through Divorce @ Hughes County Courthouse — 5:00 p.m.
- 21st — Share the Fun @ Holdenville — 8:00 a.m.
- 23rd — Master Cattleman @ Wes Watkins Tech. Center — 6:30 p.m.

## Other Events of Interest

- February 8th — Job Readiness @ Hughes County Courthouse — 4:00 p.m.
- February 10th — Online Entries Due for Oklahoma Youth Expo / PQA Certification Deadline
- March 3rd, 4th, and 6th — Hughes County Spring Livestock Show
- March 16th — CoParenting Through Divorce @ Hughes County Courthouse — 5:00 p.m.
- March 23rd — County Speech Contest @ Wetumka — 4:00 p.m.
- March 31st — 4-H Night at the Hornets Game
- April 4th — S.E. District Speech Contest
- May 18th — CoParenting Through Divorce @ Hughes County Courthouse — 5:00 p.m.
- July 27th — CoParenting Through Divorce @ Hughes County Courthouse — 5:00 p.m.



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