

THIS 'N THAT

Williams County Extension Homemakers

& Friends Newsletter

NOVEMBER 2009



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TIDBITS

It is a beautiful autumn day as I write this— and wish I was outdoors enjoying it! We spent a week in Fargo for training in October and then drove from Fargo to Amarillo, TX. Warren and his brothers received an award from the National Quarter Horse Association during a wonderful awards banquet there. We drove home through NM and CO to have more 4 lane road but ran into a blizzard coming across NM and southern CO. Thankfully, we were a week before the Denver storm! Even though the drive was long, it was a great trip and experience. Will be in AZ next week for a conference and then I will be home for the winter. We weaned calves last weekend so now we will be feeding cattle twice a day! No more traveling for us.

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.- H.U. Westermayer

Calendar of Events

November 11	Veteran's Day A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and
November 19	4th Annual Empty Bowls Fundraiser Held at Gloria Dei Lutheran Church from 5-7pm, along with a silent auction. Tickets are \$8.00 (minimum). You will receive a bowl of soup, sandwich, bar or cookie, juice and coffee. You will get to keep the bowl as a reminder that there are empty bowls in the world. All funds raised will be used locally. For more information, contact Deeann Grundstad at 774-0741.
November 26	Thanksgiving Day
November 27	Light Up Harmon Park. Parade on south Main St. starts at 6:00pm proceeds to Harmon Park. The theme this year is "Twas the Night Before Christmas" Warm Up After Light Up. James Memorial Art Center's Christmas open house. Enjoy hot chocolate, spiced apple cider, or coffee with home baked cookies. Entertainment by the Williston Strings. Freewill donation. 621—1st Ave. W.
November 30 7:00 pm	Williams County Homemakers Council Meeting 2nd Floor Conference Room, Williams County Courthouse Roll Call: Bring your favorite Christmas Cookie Recipe
December 6 1—5pm	Christmas at the Confluence A visit from Santa, ornament-making and holiday treats along with a concert by Williston Strings beginning at 2pm. All activities are free and open to the public.

PRAIRIE FARE: LET'S TALK TURKEY

By Julie Garden-Robinson, Food and Nutrition Specialist

Some people turn up their noses at leftovers, with a holiday exception or two. Many people especially look forward to Thanksgiving dinner leftovers.

Here are a few questions to get you thinking about the Thanksgiving feast, including some questions about history, safety and nutrition. The questions are based on information from the National Turkey Federation and the U.S. Department of Agriculture. The answers follow.

1: Who proposed the turkey as the national bird because he thought the bald eagle was of "bad moral character"?

- A: Abraham Lincoln
- B: Thomas Jefferson
- C: Benjamin Franklin

2: What did astronauts Neil Armstrong and Edwin Aldrin have for their first meal on the moon?

- A: Turkey and all the trimmings
- B: Roast beef, potatoes and gravy
- C: Hot cereal and Tang

3: How do you know when a turkey is fully cooked?

- A: When the pop-up thermometer springs up, the turkey is done.
- B: When the turkey leg reaches an internal temperature of at least 155 degrees, the turkey is done.
- C: When the turkey breast reaches an internal temperature of at least 165 degrees, the turkey is done.

4: On average, how much turkey does each person in the U.S. gobble up annually?

- A: 12.3 pounds
- B: 17.6 pounds
- C: 20.7 pounds

5: True or false? White turkey meat has less fat and calories than dark turkey meat.

6: According to the American Farm Bureau Federation, in 2008 what was the average cost of a Thanksgiving feast for 10 people?

- A: \$44.61
- B: \$54.61
- C: \$64.61

7: When planning how much turkey to buy, how much should you buy for each person, while also being sure you will have some leftovers?

- A: Allow 0.25 pound per person
- B: Allow 0.5 pound per person
- C: Allow 1 pound per person

**Food Safety Hint:**

Use cooking methods that allow the turkey to reach an internal temperature of 140 degrees in less than 4 hours and a final temperature of 180 degrees in the thigh. If stuffed, the stuffing should reach 165 degrees. Avoid using a low roasting temperature or partial cooking method.

8: How long can you store leftover turkey safely in your refrigerator?

- A: 2 days
- B: 4 days
- C: 6 days

The answers:

1. C: Benjamin Franklin was the turkey enthusiast.
2. A: The astronauts enjoyed turkey and all the trimmings on the moon. Turkey is served as the Thanksgiving main course in about 88 percent of households.
3. C: Cook turkey to at least 165 degrees. This is a fairly new recommendation, allowing for a juicy, yet safe main course. Some pop-up thermometers pop out before a safe temperature is reached, so always double check with a meat thermometer.
4. B: In the U.S., each person eats 17.6 pounds of turkey annually. Of the 273 million turkeys raised, 46 million are consumed at Thanksgiving, 22 million at Christmas and 19 million at Easter.
5. True. Dark meat tends to be "juicier" because of its higher fat content.
6. A: You can serve 10 people for less than \$5 a person.
7. C: Besides the usual soups and sandwiches, be adventuresome with your turkey leftovers. Make quesadillas and stir fry.
8. B: Instead of overdoing turkey for every meal for days, freeze some turkey in recipe-sized amounts. For best quality, use frozen cooked turkey within four months.

For a Thanksgiving dinner food safety fact sheet, visit <http://www.ext.nodak.edu/food/flightbac.pdf>.

Here's a light and easy recipe from the National Turkey Federation. After a day of indulgence, this tasty salad evens out your calorie intake.

Turkey, Mandarin and Poppy Seed Salad

- 1/4 c. orange juice
- 1 1/2 Tbsp. red wine vinegar
- 1 1/2 tsp. poppy seeds
- 1 1/2 tsp. olive oil
- 1 tsp. Dijon-style mustard
- 1/8 tsp. black pepper
- 5 c. leaf lettuce (such as Romaine), rinsed and torn into bite-sized pieces
- 2 c. baby spinach leaves
- 1/2 pound cooked turkey breast, cut into 1/2-inch julienne (strips)
- 1 (10.5-ounce) can mandarin oranges, drained
- 1 tsp. orange zest (optional)

To make dressing, combine orange juice, vinegar, poppy seeds, oil, mustard and pepper. Toss together salad greens, turkey and orange segments. Pour dressing over turkey mixture and toss. Serve immediately.

Makes four servings. Each serving has 158 calories, 4 grams (g) of fat, 19 g of carbohydrate and 14 g of protein.

(Julie Garden-Robinson, Ph.D., L.R.D., is a North Dakota State University Extension Service food and nutrition specialist and associate professor in the Department of Health, Nutrition and Exercise Sciences.)

P U M P K I N B R E A D P U D D I N G

Satisfy your craving for a rich, creamy dessert with this delicious pumpkin pudding -- only 148 calories per serving. Loaded with potassium, magnesium, and iron, this treat will make you feel good about being a pumpkin eater.

Makes: 4 servings
Prep: 20 minutes
Bake: 40 minutes
Cool: 15 minutes
Stand: 15 minutes

Ingredients

- Nonstick cooking spray
- 1 cup canned pumpkin
- 1/2 cup fat-free milk
- 1/3 cup packed brown sugar
- 2 egg whites, lightly beaten
- 1/2 teaspoon pumpkin pie spice
- 2 tablespoons quick-cooking rolled oats
- 1 tablespoon toasted pumpkin seeds, or coarsely chopped pecans or pistachios
- 2 teaspoons packed brown sugar
- 1 teaspoon butter or margarine, softened
- Toasted pumpkin seeds (optional)



Directions

Preheat oven to 350°F. Lightly coat four 6-ounce ramekins or custard cups with nonstick cooking spray. Place ramekins in a 2-quart square baking dish; set aside. In a medium bowl, stir together pumpkin, milk, 1/3 cup brown sugar, egg whites, and pumpkin pie spice. Divide pumpkin mixture among ramekins.

In a small bowl, stir together oats, 1 tablespoon pumpkin seeds, 2 teaspoons brown sugar, and butter with a fork until crumbly. Sprinkle oat mixture evenly over pumpkin mixture.

Place baking dish on oven rack. Pour boiling water into the baking dish around ramekins to a depth of 1 inch. Bake for 40 to 45 minutes or until a knife inserted near the center of each pudding comes out clean. Carefully remove ramekins from water. Cool on a wire rack at least 15 minutes before serving. Or after cooling up to 1 hour, cover and chill up to 24 hours. If desired, sprinkle with additional pumpkin seeds before serving.

FALL COUNCIL MEETING SCHEDULED- NOVEMBER 30, 2009; 7:00pm Williams County Courthouse- 2nd Floor Conference Room

Bring a copy of your favorite Christmas Cookie recipe along for roll call. We will compile them into a booklet to share!

Elections will be held. Please consider taking a county office. The treasurer has indicated to Cheryl that she would like to retire the position.

"EVERY BIRDIE'S WELCOME AT CHRISTMAS"

The annual *Warm Up after Light Up* at the James Memorial Art Center is set for Friday, November 27. The historic building will be adorned with bird houses of various shapes, sizes, and décor to carry out decorating chair Kevin Duttenhefner's theme of "Every Birdie's Welcome at Christmas". The Center will be open in the afternoon from 2:00 - 4:00 PM, with entertainment by Pat Lund. The Williston Strings will provide entertainment for those attending in the evening when the Center will be open from

6:30 - 8:30 PM. Enjoy hot chocolate, spiced apple cider, or coffee served with holiday cookies. Freewill donation.

James Memorial Art Center is located at 621 First Avenue West in Williston. It is handicapped accessible via the entrance on the north side.



Open House
November 27, 2009
2:00-4:00 pm
6:30-8:30 pm