

**Family & Consumer  
Science News**

**Ford County**

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8:30 am - 12 noon  
1:00 pm - 5:00 pm

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The mission of KSU Cooperative Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families, and their communities

*“Knowledge  
for Life”*

Greetings and Happy Holidays! Thanksgiving and Christmas will be here before we now it. We have a few winter events coming up that I wanted to update you on. Hope you will consider participating or attending.

Also, a reminder for the next 6 months, Central Street in front of the Government Center Building will be closed to traffic for street construction, from the corner of Gunsmoke Street to Vine Street. You can still park in the parking lot and on the south side of the Government Building.

Sincerely,



Ethel Schneweis, Family and Consumer Science Extension Agent

## PDC Extension Election!!

The Ford County Extension Program Development Committee Election was held in October. It was great to see a few of you come and vote. Thanks! During the come and go event, candidates were elected to serve on the four Program Development Committee (PDC) areas listed below.

### FCS PDC

Lori Juhlin  
Marlene Littrel  
Cathy Reeves

### Ag and Natural Resources

Doug Brauer  
Tyler Royle  
Tanner Rumbaugh

### 4-H PDC

Cassadie Steel  
Kelsey Jo Crouch  
Cari Wasson

### Community Vitality

Gentri Collins  
Jane Longmeyer  
Jan Stevens

We thank all for their willingness to serve on our committees and boards.

## CHRISTMAS FANTASIES

Our Annual Christmas Fantasies program will be held this year on Tuesday, December 6th at the Dodge City Senior Center, 2408 Central, Dodge City, KS at 1:30 p.m. The theme is “Peace, Joy and Plaid”. There will be limited seating this year as we are planning for around 100 people. Everyone wanting to attend are encouraged to purchase their ticket prior to December 2nd to guarantee a seat. Tickets are \$5 a person and are available for purchase at the Dodge City Senior Center and Ford County Extension Office. We are still accepting recipes for our cookbook. Please submit recipes by November 23. They can be mailed or brought in. If you have questions, please call the Extension Office. See the enclosed flier.



## **BARN QUILT WORKSHOP – December 10**

Do you need a fun day activity to help relieve stress? Have you seen the colorful barn quilts? Would you like to paint your own? Would you like to give one for a Christmas gift? Well here is your chance to actually paint a barn quilt. With Mary Harden as the instructor, I am hosting a workshop on Saturday, December 10. We will start at 9:00 a.m. at the Ford County Fair Building and will conclude sometime in the afternoon around 4 p.m. or when you're done.

*Registration and barn quilt pattern are due by December 1 to the Extension Office. Registration fee depends on the size of the board you want, but ranges from \$30 for a 1'x1', 1"x2" is \$40, 1'x3' is \$55, 18'x18' is \$55, \$70 for a 2'x2', 2'x3' is \$80, 3'x3' is \$95, and \$110 for a 3'x5' board. Fee includes the pattern drawn on the board, paints, brushes and all other supplies. You just need to come, tape and paint. You will need to bring your lunch.*



We have several patterns to look at or you can do a Google search for barn quilt patterns. I also have available patterns that previous participants have used if you would like to contact the office. You will need to submit your pattern with payment.

Call the Extension if you have questions or email me at [eschnewe@ksu.edu](mailto:eschnewe@ksu.edu). Class size will be limited.

## **FORD COUNTY FAIR BOARD ANNUAL MEETING –**

The Ford County Fair Association had their annual meeting to elect board members on November 8. They elected Ruth Morton to join current board members. Currently the board is working on several projects to update the Fair Building facilities. They are having the tile floor removed and replaced with different flooring. Future projects include replacing the room dividers, remodeling the old (east) bathrooms and eventually installing air conditioning. They have received several area grants, but if you would be interested in providing a donation they are now a 501 3c organization.

## **Dining with Diabetes Class**

I am working on scheduling a Dining with Diabetes class soon. Please let me know if you would be interested in participating in these in-person trainings. Details are still being working out. If you would prefer, there are online classes offered throughout the year which might fit your schedule better. Contact me for more information for online classes.

## **Women In Ag Series – The Power of Negotiation and Communication**

A 4-part workshop for landowners and tenants in 2023 concerning land leasing strategies for Midwestern Ag Women. Dates are January 18, January 25, February 1, and February 8 – 5:30-8:30 p.m. at the Ford County Fair Building, 901 W. Park Street, Dodge City. There is a \$50 registration due by January 13. Topics include Lease Agreement Basics, Landlord/Tenant Relations, Negotiation/Communication Skills, and Conservation Practices.

## **November is American Diabetes Month®**

Diabetes is an epidemic and it is likely you or someone you know has this chronic disease.

The American Diabetes Association designates November to help educate everyone about diabetes and how to identify the risks. The theme this year is **Today's Diabetes Hits Different!** It is important to show what life with diabetes is like and how to manage it every day. K-State Research and Extension Diabetes resources can be found at [www.ksre.k-state.edu/humannutrition/nutrition-topics/eatingwell-diabetes/index.html](http://www.ksre.k-state.edu/humannutrition/nutrition-topics/eatingwell-diabetes/index.html).

## Farm Transition Conferences in three locations

### Registration open for events in Colby, Salina and Erie

The Kansas State University Department of Agricultural Economics will be hosting three conferences to help farmers and ranchers plan for the transition of their farm to the next generation.

The cost for the one-day Farm and Ranch Transition Conferences is \$60 for those who [register by Dec. 1](#). The locations of the conference include:

- Dec. 13: Colby – City Limits Convention Center (2227 S. Range).
- Dec. 14: Salina – Tony’s Pizza Event Center (800 The Midway).
- Dec. 15: Erie – Neosho Valley Event Center (321 N. Wood).

Each conference begins at 9 a.m. and adjourns by 3 p.m. Lunch and materials will be provided.

Ashlee Westerhold, director of the [Office of Farm and Ranch Transition](#) at K-State, said a 2012 study from the Harvard Business School found that 70% of family-owned businesses fail to transition to new owners successfully.

“In Kansas,” she notes, “84.6% of Kansas farms are family owned.” Further, Westerhold said that of the businesses that fail to transition successfully, 60% are due to problems with communication and trust, and 25% are due to lack of preparation for the next generation.

She notes that a survey by the Farm Journal indicated that 80% of farmers surveyed planned to transfer control of their operation to the next generation, but only 20% were confident that their succession plan would achieve that goal.

“With the values of farm assets and land today, discussing and planning farm succession is even more important,” Westerhold said.

Oklahoma State University agriculture law specialist Shannon Ferrell is the conference keynote speaker. According to Westerhold, he will discuss the first steps in succession planning. The conference agenda also include discussions with a lawyer and a peer panel.

“We hope attendees will be motivated to move forward in the transition planning process,” Westerhold said. “We will provide tools and resources to assist in that process.”

Travel assistance and scholarships for the Farm and Ranch Transition Conferences are available by contacting Westerhold by email, [agkansitions@ksu.edu](mailto:agkansitions@ksu.edu). More information about the conference also is available at <https://www.agkansitions.org>.

## **Prep and Freeze Pie Now, Save Time Later**



As the holidays approach, now is the time to plan for holiday meals. If the menu includes pie, make and freeze it now to save time later. Here are some tips from [Penn State Extension](https://extension.psu.edu/freezing-pies-and-pie-fillings) (<https://extension.psu.edu/freezing-pies-and-pie-fillings>)

For unbaked pie, it is best to freeze the filling and crust separately for better crust quality later. The filling can be frozen in a freezer bag and placed in a pie pan to get the pie shape. When ready to use, unwrap the frozen filling, place in an unbaked pie crust. Add an extra 20-25 minutes of baking time.

For the crust, make the pie dough and roll into flat circles to freeze. Several pie crusts can be stacked with parchment paper or foil between the layers. Pie dough can also be placed into pie pans and frozen in the pan.

When freezing a whole double-crust pie, do not cut vents in the top crust in an unbaked pie before freezing. Make those cuts just before baking.

Fruit, pecan or pumpkin pie freezes best. Custard, meringue or cream pies do not freeze well. See more tips at [Michigan State University Extension](https://www.canr.msu.edu/news/tips_for_freezing_homemade_pies) ([https://www.canr.msu.edu/news/tips\\_for\\_freezing\\_homemade\\_pies](https://www.canr.msu.edu/news/tips_for_freezing_homemade_pies)) and [Oregon State University Extension](https://catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/pnw296.pdf), (<https://catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/pnw296.pdf>).

## **Preserving Winter Squash, Pumpkins**

Winter squash and pumpkins can be preserved by canning, freezing or drying. The only method for canning is to use cubed pieces of flesh. See directions at in our [Preserve it Fresh, Preserve it Safe: Vegetables](https://bookstore.ksre.ksu.edu/pubs/MF1181.pdf) publication (<https://bookstore.ksre.ksu.edu/pubs/MF1181.pdf>).

Do not can any mashed or pureed products. These forms of winter squash can be frozen for later use. The USDA recommendations to can mashed winter squash were removed in the 1970s because of too much variation in density between batches to provide a consistent processing recommendation.

## **Turkey Fryer Safety**

Source: [www.usda.gov/media/blog/2017/11/06/dont-make-turkey-frying-disastrous-situation-thanksgiving](http://www.usda.gov/media/blog/2017/11/06/dont-make-turkey-frying-disastrous-situation-thanksgiving)

Keep your Thanksgiving memorable for giving thanks for family and friends. If you plan to fry a turkey, keep these tips in mind to prevent a disaster.

- Buy a fresh turkey 1-2 days before the meal and keep refrigerated.
- Thaw frozen turkey completely to reduce oil splattering and burning. It takes at least 24 hours to thaw 4-5 pounds of turkey. Plan for extra time.
- Test the fryer capacity by placing the turkey in the pot and add water to cover it 1-2 inches.
- Smaller birds of 12 pounds or less are best. If larger, cut it into pieces.
- Heat oil to 350°F. Measure with a thermometer to monitor the temperature during cooking.
- Cook time is about 3-5 minutes per pound. Do not stuff! Use a food thermometer to verify it is cooked to 165°F. Remove from oil and rest at least 20 minutes before carving.



## Holiday foods: Tips on storage and shelf life



'Tis the season to receive delicious food gifts such as sausage, cheese, ham and other tasty items, said Londa Nwadike, the [Kansas State University/University of Missouri extension](#) food safety specialist. If you receive a gift of food this holiday season, ensure quality and safety by following the storage guidelines listed below.

- **Canned ham:** Check the label to determine if refrigeration is needed. If so, it can generally be refrigerated for six to nine months unopened. If refrigeration is not required, the unopened product can be stored for up to two years. (However, the sooner you eat it, the better the quality will be.) After opening, you can store the product safely in the refrigerator for three to four days.
  - **Country ham:** If unsliced, dry-cured ham is shelf-stable for one year. If sliced, ham may be refrigerated for two to three months. Once cooked, it can be refrigerated for three to four days.
  - **Sausage:** Dry fermented sausage that is labeled “Keep refrigerated” can be stored unopened at room temperature for four to six weeks or in the refrigerator for up to six months. Once opened, sausage will keep about two weeks in the refrigerator. If the package says “refrigerate,” keep it refrigerated and use it within three weeks once opened.
  - **Turkey:** Frozen uncooked turkey can be stored in the freezer for up to six months without loss of quality or safety. Otherwise, refrigerate for use within one to two days.
  - **Game birds:** If raw, store in the refrigerator no more than one or two days before cooking, or three days after cooking. Frozen birds will keep up to one year in the freezer.
  - **Cheese:** Most hard or processed cheeses can be safely stored unopened for three to six months in the refrigerator and three to four months if opened.
  - **Nuts:** Refrigerate after opening to preserve freshness and prevent rancidity. Nuts also may be frozen for up to a year after opening to retain quality and freshness.
- More information on food safety is available at the [K-State Research and Extension website](#).

## Best Practices for Storing Canned Goods

Research-tested recipes are available from Extension programs nationwide. After the effort of growing and/or preserving food, handle the jars of food according to these recommendations. These best practices can help your canned food remain high in quality and safe.

1. Allow jars to stand undisturbed out of air drafts for 24 hours after canning, then check if the lids sealed.
  - Food in unsealed jars can be reprocessed within 24 hours using research-tested methods.
2. Remove the ring bands, being careful not to disturb the sealed lid.
  - Removing the ring band allows you to see if the jars have become unsealed during storage. If you choose to reapply the ring bands, be sure the ring bands are clean and dry before applying.
3. Rinse and dry sealed jars. For example, if you canned fruits in syrup, some syrup may be on the outside of the jar. This could support the growth of mold or other microorganisms.
4. Wash and dry the ring bands, with hot soapy water, so they can be used in the future. Do not wash rings in the dishwasher as that will cause rust to form. Store the ring bands in a dry place.
5. Label and date the jars with the contents and canning date.
6. Store the jars in a cool, dark, dry place. The ideal temperature is 50° to 70° F. Do not store above 95° F. Keep jars away from hot pipes, a furnace, in direct sun or in an uninsulated attic.
7. If you choose to stack jars on top of each other during storage, avoid stacking more than two jars high. To avoid disturbing the seals, place the jars in a box that held jars or place a layer of cardboard or other support material between the layers of jars.

Reference: National Center for Home Food Preservation. (Julie Garden-Robinson, [julie.garden-robinson@ndsu.edu](mailto:julie.garden-robinson@ndsu.edu), 701-231-7187)



## Holiday Stains

*Treat and wash stains promptly!*

Holiday entertaining is fraught with potential disasters. But a cool head and the right products will keep a mini-crisis from becoming a major problem. Here are some quick and easy remedies from the American Cleaning Institute:

### Stains

**Turkey, gravy, butter, and salad dressing** (oil-based stains): Pretreat with a prewash stain remover. Launder in the hottest water that's safe for the fabric.

**Cranberry sauce, apple cider, and pumpkin pie** (fruit-based stains): Treat these stains promptly. Remove excess fruit and run the fabric under cold water. Wash the item as soon as possible using the warmest water and bleach that are safe for the fabric.

**Coffee, tea, wine, and soft drinks** (beverage stains): Soak or sponge stain in cool water. Pretreat with a prewash stain remover or liquid laundry detergent. Launder using oxygen bleach or chlorine bleach, if safe for fabric.

**Colorful cakes and desserts** (food-coloring stains): Sponge stain promptly with cool water. If this doesn't remove stain, soak stain in cool water for at least 30 minutes. After soaking, pretreat with a prewash stain remover or liquid laundry detergent, then launder.

**Wax stains:** Use a dull knife to scrape off surface wax. Place stain between paper towels and press with a warm iron, transferring the wax to the towels. Continue, using clean towels, until the wax no longer transfers. Then, place stain facedown on another clean paper towel and sponge with a prewash stain remover; blot with paper towels. Let dry, then launder.

**Soot Stains:** Shake out garment. Don't rub; you may make the stain worse. Launder washable garments using laundry detergent and the hottest water suitable for the garments. Continue laundering garments until soot and/or smoke odor are removed. You may have to launder as many as five times.

### Smells

**Restroom:** If guests leave the bathroom smelling less than fresh, take a multi task approach: toilet bowl cleaners in tablet or gel form for quick cleaning and fabric refreshers for bathroom window treatments.

**Cooking:** Hopefully what you're cooking smells great, but sometimes it can linger longer than desired. In which case, open up the windows and let the fresh air in. Then spray fabric refresher on window treatments, upholstery, rugs and carpets.

**Cigarette smoke:** If a smell of smoke lingers after the guests have left, take a similar approach to the cooking smells. Let in fresh air and grab the fabric refresher.

## Cooking More Than One Turkey

Cooking two turkeys of about the same weight does not double the roasting time. Cooking time is determined by the weight of one bird. Just make sure there is sufficient oven space for proper heat circulation. All poultry should reach a safe minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature of each bird 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 poultry to higher temperatures.

Source: [AskUSDA](#)



# Preserve It Fresh, Preserve It Safe

Volume 8, Issue 6  
November/December 2022

## Holiday Food Preserved Gifts



The holidays are a common time for food items to be used for gift exchanges. However, is this really a good idea for a gift? What should you do if you receive a home-processed food item?

It is always best to err on the side of caution, even if you know the person giving the food item. While some recipes such as jams and jellies present less of a risk due to their high sugar content and acidity levels; others like your friend's famous chunky thick salsa processed in a jar could be harmful for consumption. Salsa on its own merit is not a reason for concern, but when processed in conditions that you do not know creates a reason for concern. Was the product acidified? How long was it processed? The mixture of some low-acid ingredients can create a perfect environment for Clostridium

botulinum. And, if it is a thick salsa, chances are it was not processed long enough to destroy spoilage microorganisms.

You may receive a home-processed food item that you know was processed properly and feel safe consuming it.

Even in these cases, it is important to watch for spoilage that might occur. As always, if in doubt, throw it out. Just because a food item is sealed in a jar, does not mean that it is safe for consumption.

The act of giving homemade gifts is not something that should be shied away from, rather consider how you accept and present homemade gifts. In some cases, an unpreserved food item is the safest gift. Reduced risk means there will be more time for holiday festivities!

Receive this newsletter electronically by signing up at <https://extension.missouri.edu/programs/food-preservation/>

Local contact information:



NORTH CENTRAL REGION FOOD SAFETY



## Using Salt in Canning

In-home canning, salt is primarily for flavor in plain vegetables, tomato products, poultry and meat. Therefore, salt can be left out of these products to reduce the sodium content. In vinegar-based pickles, salt contributes to the flavor. For fermented foods, salt is needed for safety and flavor.

There are many types of salt available. The type to use in canning is a common question. Let's look at some choices.

**Canning and pickling salt** is highly recommended for any canning, pickling or fermentation. In canning recipes, when salt is listed as an ingredient, this is the best choice.

**Table salt** is safe for canning, but it contains anticaking ingredients that do not dissolve and cause cloudiness. The iodine in iodized salt can cause pickles to darken, discolor or be spotty. Iodine can cause cauliflower to turn pink or purple.

**Salt substitutes** are primarily potassium chloride which can

cause metallic flavors. These are not recommended for canning.

**Kosher salt** and **sea salt** can measure differently from canning and pickling salt. Sea salt contains various minerals which can cause discoloration or off-flavors. Do not use these for pickling or fermentation.

Never use rock salt, ice cream salt or water softener salt as they are not for human consumption.

Source: PennState Extension, [extension.psu.edu/lets-preserve-ingredients-used-in-home-food-preservation](https://extension.psu.edu/lets-preserve-ingredients-used-in-home-food-preservation)





TICKETS

\$5.00

Please Join us for

Christmas

FANTASIES

XXIII

Peace, Joy & Plaid

TUESDAY, DECEMBER 6

@ 1:30 PM

Dodge City Senior Center  
2408 Central Avenue

Tickets are available at the Dodge City Senior Center  
or Ford County Extension Office.

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K-State Agricultural Experiment Station & Cooperative Extension Service  
K-State Research & Extension is an equal opportunity provider and employer.

Ford County Extension Office  
100 Gunsmoke Street  
Dodge City, KS 67801

Dear Friends,

Christmas Fantasies will be on December 6. Do you have any favorite recipes you would like to share? Send them to me by email or bring a copy into the Office so we can include them in our cookbook. We must have them by November 23 to be included.

Interested in painting a barn quilt? Check out information inside the newsletter for a workshop opportunity.

Watch for future information concerning upcoming meetings by checking our website at [www.ford.ksu.edu](http://www.ford.ksu.edu) or you can email me if you have questions at [eschnewe@ksu.edu](mailto:eschnewe@ksu.edu) or give us a call.

Sincerely,



Ethel Schneweis  
County Extension Agent, Family and Consumer Sciences



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Extension Districts, and  
U.S. Department of  
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