

***Family & Consumer
Science News***

Ford County

Contact Information
Ford County Extension Office
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Dodge City, KS 67801
620-227-4542
Hours:
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! Wow, here it is November already!!! 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, we believe Central Street in front of the Government Center Building will be closed to traffic for street construction, from the corner of Wyatt Earp to Gunsmoke Street very soon. You can park in the parking lot to the east and come across the street to the Government Building. Please be aware of your surroundings!

Sincerely,

Ethel

Ethel Schneweis, Family and Consumer Science Extension Agent

PDC Extension Election!!

The Ford County Extension Program Development Committee Election was held earlier 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 4 Program Development Committee (PDC) areas listed below.

FCS PDC

Rosalita Schmidt
Theresa Settle
Serena Watkins

4-H PDC

Sheila Hessman
Tammie Mink
Casey Pemberton

Ag and Natural Resources

Rick Konency
Dave McCollum
Colby Stegman

Community Vitality

Micki Austin
Chelsea Deges
Shelly Huelsman

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 ***FRIDAY, December 8*** at the **Dodge City Senior Center, 2408 Central, Dodge City, KS at 1:30 p.m.** The theme is “Light of Christmas”. Seating will be limited this year as we are planning for around 120 people. Everyone wanting to attend are encouraged to purchase their ticket prior to December 5th 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 20. They can be mailed, emailed or brought in. If you have questions, please call the Extension Office. See the enclosed flier.

BARN QUILT WORKSHOP – December 9

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. Mary Harden will again be our instructor for the **workshop on Saturday, December 9. 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' and up to 4'x4' is \$125. 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 several patterns that previous participants have used if you would like to contact the office. If this would be your first time painting a board quilt consider finding a simple pattern instead of a more detailed pattern. You will need to submit your pattern with your payment.

Call the Extension if you have questions or email me at eschnewe@ksu.edu. Class size will be limited.



FORD COUNTY FAIR BOARD ANNUAL MEETING

The Ford County Fair Association will have their annual meeting to elect board members on **Tuesday, November 14 starting with a free soup supper at 6:00 pm, meeting to start at 6:30 pm at the Ford County Fair Building.** Currently Fair Board Members are responsible for maintaining the facilities/building and for opening/closing the building for rentals. If you are interested in becoming a member of the board, please contact any current board member or the Extension Office.

The board is continuing to work on fund raising for future improvements to the building and grounds. They have received several area grants, but if you would be interested in providing a donation they are a 501 3c organization. Contact the Extension Office for more information and how to donate.

KNOWLEDGE FOR LIFE Meeting Series...

I am working on a meeting series concerning information on issues around estates planning (titled and untitled property), pre-planning for funerals, and general information which can be helpful before and after a loved one dies. Watch the January newsletter for more details.

DINING WITH DIABETES CLASS

I am planning on scheduling a Dining with Diabetes class to start after the beginning of the new year. 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.

November is American Diabetes Month®

Take charge of your health! Diabetes affects about 37 million Americans at all ages. Diabetes can damage your eyes, kidneys, nerves, heart and is linked to some types of cancer.

You can take steps to help prevent diabetes health problems. Manage your blood glucose, blood pressure and cholesterol. Change your lifestyle by eating healthy meals, get more physical activity, get enough sleep, and stop smoking. These steps can also reduce weight. If you need medications, take them on time. Seek mental health support to make your way through diabetes care. And always consult your medical professional for guidance.

K-State Research and Extension Diabetes resources can be found at www.ksre.k-state.edu/humannutrition/nutrition-topics/eatingwell-diabetes/index.html.

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) 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>).

Can Two Turkeys Be Roasted in One Oven?

The cooking time is determined by the weight of one bird—not the combined weight. Use the weight of the smaller bird to determine cooking time. Use a food thermometer to check the internal temperature of the smaller bird first and then check the second bird. 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. When cooking two turkeys at the same time make sure there is enough oven space for proper heat circulation.

Source: [FoodSafety.gov](https://www.foodsafety.gov)

Turkey with a Side of Food Safety!

Whether it is a simple meal for two, or a large gathering with a buffet, food safety is a priority at any meal, and especially at the holidays. Nobody wants the gift of foodborne illness!

Are you the host for the holiday meal? Reduce your stress by starting a list now to plan the location, food and recipes, activities and games, and what your guests could bring. Put it in a timeline or on a calendar to stay on schedule.

Are you buying a fresh or frozen turkey? If you choose fresh, be sure to place an order with your grocer or butcher shop and pick it up 1-2 days before the meal. Frozen turkeys can be purchased any time and stored in the freezer. Pay attention to grocery sales to save some money.

Frozen turkeys are best thawed in the refrigerator or in cold water. In the refrigerator, plan on at least five days for a 20 pound turkey. In cold water, allow about 30 minutes per pound of turkey.

Do you only have one oven? Use a slow cooker for hot dishes. A table top roaster oven can be used like a regular oven for many items. Even electric pressure cookers can cook up some tasty dishes! Some items, such as dessert or bread can be made ahead and frozen.

When cooking the turkey, remember that 325 degrees F is the lowest oven temperature to safely cook turkey. Use a food thermometer to be sure it reaches a minimum internal temperature of 165 degrees F.

Learn more at www.ksre.k-state.edu/foodsafety/topics/holiday.html

Learn more at www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/poultry/turkey-farm-table

Source: KSRE – You Ask It newsletter.



How Safe is Food After a Fire?

Fire! Few words can strike such terror. Residential fires are, unfortunately, a common occurrence. Some 2 million American homes go up in flames yearly. In the aftermath of fire, people are left to salvage their lives and belongings.



Whether it's the whole house involved or just a fire in the kitchen, people try to save what they can — including food. But generally, saving food that's been in a fire is not a good idea. Food exposed to fire can be compromised by three factors: the heat of the fire, smoke fumes, and chemicals used to fight fire.

I recently was visiting with a local resident who had experienced a house fire a few days prior. Even though the fire was small, she had a lot of smoke damage with in the home. Consider the following advice after a fire!

- Discard any food exposed to smoke fumes.
- Foods exposed to chemicals should be discarded.
- If canned foods are not damaged but are exposed to chemicals, they can be decontaminated with a strong detergent solution. Then dip in a bleach solution of 1 tablespoon plain bleach per gallon water for 15 minutes.

Learn more at www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/emergencies/fires-and-food-safety

Source: KSRE – You Ask It newsletter.

Don't Forget to Clean the Sink!

Photo: Canva.com



We use the kitchen sink for food preparation and more. The possibility exists for foodborne illness-causing bacteria to hang out in the sink too. These bacteria could cross-contaminate your food and make you sick!

In USDA [recent study](#), participants prepared a breakfast meal with raw sausage, shell eggs, and a fruit salad made with cantaloupe they cut up. Among the surfaces tested, the most often contaminated after they finished preparing their meal was the kitchen sink, with 34% of sinks being contaminated.

Even scarier, 26% of the samples of cut-up cantaloupe from the fruit salad were contaminated after breakfast prep. The bacteria in the sink or on your hands can cross-contaminate from the sink to other items, including those you normally eat raw...this means you'll be eating that bacteria too.

After using your sink to wash or prepare food, clean and sanitize your sink:

- 1) Use warm, soapy water to wash the sink. Wipe it clean with paper towels.
- 2) Use a sanitizer and let air dry. Sanitizers can be homemade (1 tablespoon of liquid chlorine bleach per gallon of water) or use a commercial sanitizer or sanitizing wipe.

Source: KSRE You Asked It newsletter

Cleaning and Storing Canners

As canning season winds down, it's time to clean and store the equipment for next year. Here's some tips for pressure canners.



- Clean the vent and safety valve with a pipe cleaner or small piece of cloth.
- Check the gasket for cracks and food debris.
- If the inside of canner has darkened, fill it above the darkened line with a mixture of 1 tablespoon cream of tartar to each quart of water. Place the canner on the stove, heat water to a boil, and boil covered until the dark deposits disappear. Sometimes stubborn deposits may require the addition of more cream of tartar. Empty the canner and wash it with hot soapy water, rinse and dry.

For more information, see http://nchfp.uga.edu/tips/fall/store_canning_supplies.html

Drying and Roasting Pumpkin Seeds

It's pumpkin season and if you saved your seeds they can make a great snack by drying and roasting.

To dry, carefully wash pumpkin seeds to remove the clinging fibrous pumpkin tissue. Pumpkin seeds can be dried in the sun, in an electric dehydrator at 115-120°F for 1 to 2 hours, or in an oven on a very low, warm temperature only, for 3 to 4 hours. Stir them frequently to avoid scorching. Dried seeds should not be stored with any moisture left in them.

To roast the seeds, take dried pumpkin seeds, toss with oil and/or salt and roast in a preheated oven at 250°F for 10 to 15 minutes.

Preserving Pumpkins

Sugar or pie pumpkins are best for cooking and baking a tasty pie or bread. They are smaller than pumpkins used for carving festive jack-o-lanterns. They have dense flesh and high sugar content. The flesh is less stringy and the color is usually darker. If using fresh pie pumpkins in place of a 15-ounce can of pumpkin, use 1 3/4 cups of mashed fresh pumpkin.

Home canning is not recommended for any mashed pumpkin or winter squash. The only directions for canning these is for cubed pieces. Mashed products can be safely frozen. Learn more from these resources:

<https://www.bookstore.ksre.ksu.edu/pubs/MF1181.pdf>

<https://nchfp.uga.edu/tips/fall/pumpkins.html>

<https://burke.ces.ncsu.edu/2021/11/pumpkins-for-pumpkin-pie/>

<https://blogs.extension.iastate.edu/answerline/2018/10/04/pick-the-best-pumpkin/>

Updated Electric Water Bath Canner

Photo: ballmasonjars.com



Are you looking for a unique gift for someone who loves to do home canning? Or are you looking for an alternative to stovetop water bath canning? Newell Brands, makers of Ball® products, has updated their electric water bath canner. The new version is called the Ball® EasyCanner.

This is a freestanding appliance and can be used for any water bath canned recipes. It is not a pressure canning appliance. It features some technology to help make water bath canning easier. The user must add time to adjust for elevation. It holds up to 8 pints or 7 quarts. The rack is a bit bigger than the previous model. This appliance can also be used for cooking a meal, soup, or serving a hot beverage. It features a spigot to drain water or dispense other liquids.

Learn more at www.ballmasonjars.com website. It is now available from major retailers.

Digital Pressure Canner

The first digital pressure canner that meets USDA home canning guidelines for safely processing meats, poultry, fish, vegetables, and other low acid foods has been produced by Presto products.

Innovative sensor holds the exact temperature required for safe pressure canning. No adjustments needed, even for pressure canning at high altitudes. Easy-to-use digital display guides you through each step of the canning process. Built-in timer assures accurate, reliable processing. Doubles as a boiling water canner for preserving fruits, jams, jellies, pickles, and salsa. Preheats canning jars and keeps them hot until filled and ready to process.

Holds heat inside the canner keeping your kitchen cooler. More efficient than processing on a high wattage burner or gas stove. Plus canned foods are shelf stable, saving freezer space and the energy required by freezers. Just place jars in the pantry until ready to use. Complete instruction/recipe book contains easy-to-follow procedures and recipes using standard processing times in accordance with USDA guidelines. Ten built-in safety features including a cover locking system and an alert symbol that indicates an incomplete canning process. Removable pot with nonstick surface inside and out for easy cleaning.

Canning rack holds jars off the bottom of the pot while canning. Regular Mason jar capacity: 10 half-pints, 8 pints, or 5 quarts for pressure canning. 10 half-pints and 8 pints for boiling water canning.



PLEASE JOIN US FOR
CHRISTMAS FANTASIES XXIV

LIGHT UP
Christmas

DECEMBER 8, 2023

@ 1:30 PM

TICKETS


\$5.00



Dodge City Senior Center
2408 Central Avenue

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

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 Friday, December 8 this year. 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 20 to be included.

Interested in painting a barn quilt? Check out information inside the newsletter for a workshop opportunity on December 9.

Watch for future information concerning upcoming meetings by checking our website at www.ford.ksu.edu or you can email me if you have questions at eschnewe@ksu.edu or give us a call.

Sincerely,



Ethel Schneweis
County Extension Agent, Family and Consumer Sciences



**K-State Research and
Extension**

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Extension Districts, and
U.S. Department of
Agriculture
Cooperating.

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