

Hancock County Extension Family & Consumer Science Education

November 2023



Cooperative Extension Service

Hancock County
1605 US Highway 60 West
Hawesville, KY 42348
(270)927-6618
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Hancock County Building Strong Families for Kentucky

Roll Call

In November, we celebrate Thanksgiving. Name one of your blessings this year or how you plan to be a blessing for others.

Thought for the Day

“The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.”

- Terri Marshall

Dates to Remember

Sunshine Circle Homemakers

- 11/14 - Hancock County Development Complex, 5:30 p.m. - Business Meeting and Crochet Dishcloth Class after meeting. Bring size 5.0/H crochet hook to class.
- 11/28 - 5:00 p.m. - Block of the Month Class
- 11/16 - Lori's Craft Shack (290 - 4th Street, Lewisport) - 10:00 a.m. - Meals-on-Wheels Craft Project.

Monthly Lessons

This months lesson is Carbon Monoxide.

Hawesville Homemakers lesson will be November 13th at Kenergy at 6 pm. Lesson will be taught by Carolyn McCarty.

Sunshine Circle Homemakers lesson will be November 14th at Hancock County Development Complex at 5:30 pm. Lesson will be taught by Kitty Cook.

No lesson in December.







The Hancock County Cooperative Extension Office will be closed for Thanksgiving November 23rd & 24th.



HOW TO THAW



Turkey Size	Refrigerator Thawing	Cold Water Method Thawing
 4-12 pounds	1-3 days	2-6 hours
 12-16 pounds	3-4 days	6-8 hours
 16-20 pounds	4-5 days	8-10 hours
 20-24 pounds	5-6 days	10-12 hours



HOW TO COOK



Turkey Size	Unstuffed	Stuffed
8-12 pound	2¾-3 hours	3-3½ hours
12-14 pound	3-3¾ hours	3½-4 hours
14-18 pound	3¾-4¼ hours	4-4½ hours
18-20 pound	4¼-4½ hours	4¼- 4¾ hours
20-24 pound	4½-5 hours	4¾-5¼ hours
4-6 pound breast	1½-2¼ hours	
6-8 pound breast	2¼-3¼ hours	



*Approximate cooking times at 325°F in the oven. Cook until internal temperature reaches 165 degrees.



Let's Talk Turkey!



Always use a food thermometer to make sure turkey is cooked thoroughly, to 165°F.



www.cdc.gov/foodsafety



Holiday Online Shopping Savvy

Source: Kelly May,
Senior Extension Associate



The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

When buying online, look for a padlock symbol on the page and shop from sites that start with <https://> web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent online charges. Review your statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure.

For more ways to protect your financial well-being, contact the Hancock County Extension Office.



ADULT SEWING CLASS FOR BEGINNERS

November 9th and 10th
9 am to 12 pm or 4 pm to 8 pm.
Hancock County Development Complex
Call 270-927-6618 to sign up!



You will learn about the following:

- Fabric
- Hand Sewing
- Patterns
- Sewing Tools
- Sewing Machines-(Bring your own machine or use one here)
- Seam Finishes
- Sewing Project #1 Pillowcase or #2 Apron



The class is free. You will need to bring supplies:

Apron:

1 & 1/2 yards of fabric (cotton) your choice color
pre-washed and ironed
1/2 yard fabric of coordinating fabric
Thread to match

Pillowcase:

1 yard of fabric pre-washed and ironed
1/2 yard coordinating fabric
Thread to match



BOHO WALL HANGING

\$5.00

GRADES 6-12



NOVEMBER 7TH 5:30 PM
DEVELOPMENT COMPLEX

Register at 270-927-6618

WORKSHOP TAUGHT BY
LORI MILLER



Sweet Potato Crisp

- 3 large** fresh sweet potatoes, cooked until tender.
- 8 ounces** reduced fat cream cheese, softened
- 1 cup** brown sugar, divided

- 1 teaspoon** vanilla
- 1 tablespoon** ground cinnamon
- 2 medium** apples, chopped

- 1/2 cup** all-purpose flour
- 2/3 cup** quick cooking oats
- 3 tablespoons** butter
- 1/4 cup** chopped pecans

- 1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- 2. Mash** sweet potatoes. Add cream cheese, 2/3 cup brown sugar, vanilla and cinnamon. Mix until smooth.
- 3. Spread** sweet potato mixture evenly into pan.
- 4. Top** sweet potatoes

- with chopped apples.
- 5. In** a small bowl, **combine** flour, oats, and 1/3 cup brown sugar. **Cut** in butter until mixture resembles coarse crumbs. **Stir** in pecans.
- 6. Sprinkle** mixture over apples.
- 7. Bake** uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.

Yield: 16, 3/4 cup servings.

Nutritional Analysis:
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

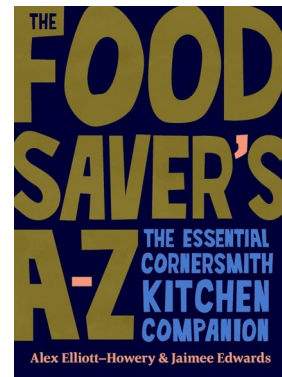


Book Corner

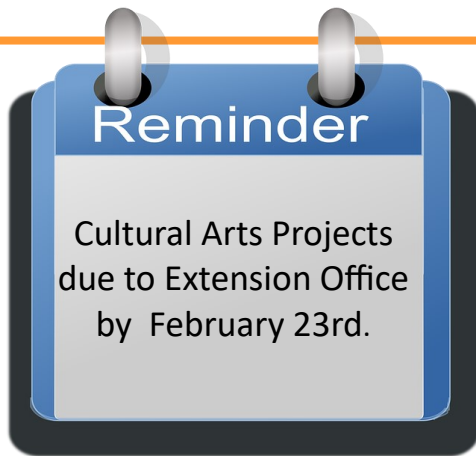
The Food-Saver's A-Z: The Essential Cornersmith Kitchen Companion

By Alex Elliott & Jaimee Edwards (2023)

This timeless resource is packed with ideas and advice for reducing food waste and making great meals with what you already have, whether that's half a jar of tomato paste, a handful of green beans that have seen better days or a whole cauliflower that looked beautiful at the shops but now gives you the guilts. You'll find waste hacks, storage tips, swaps and shortcuts for more than 150 7 common vegetables, fruits and kitchen staples, as well as hundreds of recipes from the popular Cornersmith Cooking School.



If you need reading logs, please see Mary at the Extension Office!



DEADLINE

Remember the deadline to get your 2022-2023 Homemaker Dues is November 14, 2023. You can bring these to the Hancock County Extension Office.

If you have ideas or any information for the newsletter, let Mary or Angie know by the 25th of the month. We'd be glad to hear your ideas!



KENTUCKY STATE UNIVERSITY
Cooperative Extension Program

Angelia (Angie) Swihart

Hancock County Extension Agent for

Family & Consumer Science Education

Congratulations to our Quilt Show Winners!

**Traditional Quilt: Janet Bunner, Maggie
Craig, Paula Mason**

Rag Quilt: Lisa Hagman

**T-Shirt Quilt: Paula Mason/Martha
Mason**

Baby Quilt: Julie Bland

Craft Item: Jordyn Clouse

Youth Quilt: Brantley Osburn

Teen Quilt: Emily McCarty

Table Runner: Paula Mason

Wall Hanging: Terri Askin

