



Talking Turkey: Dinner is Served

Heather Norman-Burgdorf, Dietetics and Human Nutrition, and Annhall Norris, Family and Consumer Sciences

There are several ways to cook your turkey. One way is not necessarily better than the other: It depends on your preference. Traditionally, turkeys are baked in the oven. They can be baked in a roasting pan or an oven-safe plastic bag. They can be cooked in a roaster oven, deep fried, or even cooked in the microwave.

How to Check Internal Temperatures

Whatever way you choose to cook your bird, remember that the final internal temperature must reach 165°F measured with a food thermometer to destroy bacteria and avoid foodborne illness. A food thermometer is a metal-stemmed thermometer that can be inserted into the turkey. This is preferred over the small pop-up temperature gauges found in many turkeys. The pop-up gauges are not temperature specific and are not as accurate as food thermometers at determining if the bird is at 165°F.

Check the temperature in the innermost part of the thigh and the thickest part of the breast.

Adding Flavor before Cooking

Many people choose to brine and/or baste their turkey to add flavor and increase moisture in the bird. Brining is simply soaking the bird in salty water in



the refrigerator for various amounts of time to add moisture and flavor. Basting is a process of pouring juices, melted butter, or oil over meat throughout the cooking process. These steps are not required for preparation but are based on preference.

Cooking in the Oven

Start by preheating the oven to 325°F. Next remove the turkey from its packaging. Do this in the sink to allow juices to drain, but don't wash (or rinse) the turkey. Remove the bag of giblets and pat the turkey dry with a paper towel. Rub salt, pepper and other dry seasonings of your choice all over the bird. Drizzle oil (or butter) generously over the skin and massage. The oil will allow for a crispy skin. You can rub seasonings and oil inside the cavity if you like. Many also like to place celery, onion, garlic or carrots inside the cavity

for extra flavor during the cooking process and to season the drippings. Note that you don't eat the vegetables cooked inside the cavity, you discard them once the turkey is done.

Once the bird is seasoned, place it breast-side up on a rack in a roasting pan. The USDA recommends cooking a whole turkey breast side up during the entire cooking process. Flipping over a large, hot bird is difficult and can be dangerous. It may also tear the skin, which makes the finished product unattractive.

Placing the turkey on a rack in the roasting pan will allow air to circulate around the turkey while cooking and for drippings to collect in the bottom of the pan. If you don't have a rack you'll want to make one. Crumpled up aluminum foil or large chunks of potatoes and onions make a nice platform for the bird. Just make sure you don't place the turkey directly on the bottom of the pan as this causes uneven heating and could lead to burning. Add 1½-2 cups of liquid (e.g. chicken broth, water) to the pan. Place the pan in the oven and cook the turkey until the internal temperature reaches 165°F measured with a food thermometer.

(continued on page 14)

A Note from the president...



Hello Homemakers!

October was a busy month in lots of ways, but especially during KEHA Week! Many thanks to those who organized and made the week memorable! Check out pictures of some of the events in this newsletter. Looking ahead, we hope to see you at future club meetings as well as the Campbell County Homemakers Council meeting on Nov.

13th at 10 a.m. All members are welcome to attend and provide input for future events you would like to see offered here. After the Council meeting, we will get lunch (destination TBD), then go to visit the Berringer Crawford Museum for their Holly Jolly Days, thanks to county HM treasurer, Marcia Kerby, who has volunteered there for many years. If you want to go to the Museum with us, please text me by Tuesday morning, Nov. 11th at 513-519-5823. (Be sure to leave your name & best # in case we need to contact you in return.)

Please remember to pay your HM dues soon—it's a real bargain at only \$10 for the year. All homemaker members are welcome to attend any club meetings. Also, please keep track of the hours you spend volunteering—the form and explanation of categories are included in this newsletter. This includes Mailbox members also. Your work is valuable in many ways to the people and communities you serve. We want to report to our area--and beyond-- just how much it would amount to, monetarily, if we were to put a price tag on all the things you do!

Before setting it aside, please read this newsletter in entirety for information of upcoming events you may like to attend. For example, our Homemaker Stash Buster Fundraiser has a fast-approaching deadline to address if you want to rent a table to sell your items. And if you don't want to sell items, please put it on your calendar to attend. This is our first fundraiser this year and we hope you will come out to support it!

Hope to see you soon,

Pam Fields, Campbell County Homemaker President



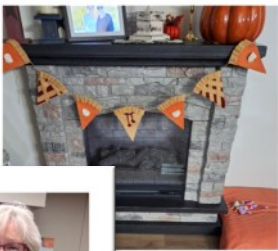
Makers really understood the October assignment! Pumpkin pie, cherry pie for all and we can't wait to see Emily Hornsby's pecan pie garland. Makers, check your email for the November project plan and get your supply order in by November 1.

**See you on November 10
for our last meeting of 2025!**

Debbie Hyson 859-512-6400



Nancy Pinguley



Octavia Dales



**Jane Petracco and
Lynn Schneider**



**Tracey Wenz and
Aleyna Heyman**



Aleyna Heyman

A Shout Out from Octavia Dales, International Chairperson

Hello Homemakers,

I hope everyone is enjoying this fall weather. I just wanted to drop a line about our International Program. My youngest grandchildren like to watch Japanese Anime. In fact, that is their number one country they would like to visit, and with that in mind, I thought I could tie in a few fun facts about Japan. I have watched some of their favorite shows, and I have found them to be very creative and colorful. These Amine show much of their historical culture.



Japan is an island nation in the East Asia, known for its blend of traditional culture and modern technology.

It is comprised of four main Islands: Hokkaido, Honshu, Shikoku, and Kyushu. The country is a constitutional monarchy with a parliamentary government and is a major economic power.

Tokyo is the capital, and a popular tourist destination to visit and enjoy. Japan is famous for sushi among many other culinary traditions.

Please join us November 11th at 10 am for our Valley Homemakers Meeting. We will explore, build and create together.

Thank You

Stash Buster

Top deals
on the essentials
you need in your
creative life!

 Cooperative
Extension Service



Campbell County Extension
Homemakers Association

Come shop our huge stash of supplies and tools for arts, crafts of all kinds, sewing, knitting, etc., anything that you need to create a handmade item. Finished and unfinished handmade items will also be available.

**Saturday
November 15, 2025
9am - 2pm**

Campbell County
Cooperative Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076

Homemakers, it's not too late to be a stash seller. Table(s) can be reserved (\$10 each) and registration is required by November 7. Again, no purchased items permitted, only handmade items or the supplies used to create them allowed.

Registration Deadline: November 7, 2025 — Stash Buster

☐ Member

☐ Non-Member

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail: _____

Cost: \$10.00

Check Payable to:

Campbell County Extension
Homemakers Association

Mail your check and registration form to:

Marcia Kerby
372 Shadow Ridge
Cold Spring, KY 41076

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or receipt of public benefits. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
accommodated
with prior notification.

Questions?...

Contact Debbie Hyson
859-512-6400



Treasurers of Autumn

Northern Kentucky Area Homemakers 2025 Triennial Meeting



Congratulations Homemakers and good luck to the following individuals whose Cultural Arts Projects won at the Area Meeting. Their projects will be entered at the State Meeting in May.

Karen Hogan

Accessory Apparel
All Purpose Bag

Emily Hornsby

Bead Weaving
Earrings

Aleyna Heyman

Pastels
Flower

Judy Yeager

Miscellaneous
Necklace

Emily Hornsby

Accessories
Cowl

Emily Hornsby

Garment
Sweater

Karen Hogan

Acrylic
Harvest Moon

Sue Linnenkohl

Hand (macrame, caning)
Owl

Emily Hornsby

Loom (includes pin
weaving)
Shawl



Pictured left to right—Standing: Sue Linnenkohl, Pam Fields, Jenny Brobst, Judy Yeager, Cathy Kline, Rosemary Harrison, Crystal Hornsby, Mary Lou Vogel, Octavia Dales, Marcia Kerby, Extension FCS Agent-Kate Thompson. **Seated:** Marietta Knuehl, Linda Booth and Pat Gabelman.

Congratulations Homemakers

Medicine Bottle Collection Event Continues

611

Pill Bottles have been
donated as of October
for Matthew 25 Ministry.

They need bottles that:

1. have the labels removed
2. are glue residue free
3. and have been washed

**YOU ARE
AMAZING**

**Thanks to all who have been donating,
please continue to donate.**

**YOU ARE
AWESOME**



LUNCH BUNCH

11:00am
November 4th

Drakes in Florence
6805 Houston Rd #900
Florence, KY 41042

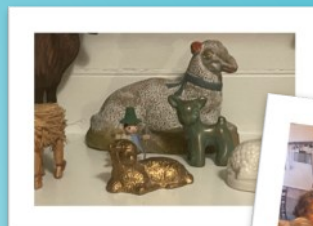
Arrive at extension office
to carpool no later than
10:00am

11:00am
December 2nd

Tousey House Tavern
5963 N Jefferson St #9596
Burlington, KY 41005

You must register,
call or text Marcia
859-816-8707

**TIME FOR
LUNCH**



Valley Homemakers



The Valley Homemakers will meet at the Campbell Co. Extension Office on November 11th at 10:00 am. ALL Homemakers are welcome to join us.

November is National Dietetic Month so we are hoping to have a speaker at our meeting on this subject. Our meeting is on Veterans Day so we are hoping to have a veteran speaker also.

Our project this month, we will be making a Santa Claus wall hanging like the one pictured here. We need you to bring your glue gun, glue sticks and \$5. Please call 859-816-9891 if you would like to participate in the wall hanging project.



Please remember while holiday shopping, we are still collecting socks, hats, gloves and scarves this month to donate to the Brighton Center in December. Bring your donations to the November or December meeting or just drop off at the of the Extension Office. We will be giving them to Brighton Center at December Meeting. Please put December 9th on your calendar for our Christmas Party which will be held at the Extension Center at 10:00 am. We will have a meat and cheese tray and ask that everyone bring a side dish that will go with that. If you want to exchange a gift then bring a \$15 gift, optional.

Sani-Pads project is coming to an end. Please have all your made Sani-Pads to Extension Office by December 1st.

I want to thank everyone who participated in KEHA Week, which was a huge success. Thanks to all who were able to make the meeting at the Alexandria Court House. It was a great presentation by the Historical Society and everyone enjoyed the tours. Bring your stock paper family tree to November Meeting.

We have a new Facebook page so check out the Campbell Co. Homemakers at: "Campbell County KY Extension Homemakers". If you know of a Homemaker that needs a card, please contact Glenda Harned at gsharned@gmail.com with their name and address. Be sure to let her know what kind of card they need.

We are starting a Membership Drive, so if you know someone who were a member of any Homemakers, invite them to come back to join us. All new members are welcome to join any of our branches. But we are all Homemakers!!!

I am looking forward to seeing you all at the Extension Office at our November Meeting at 10:00 am.

Marietta Knuehl, Valley Homemakers President

CAMPBELL COUNTY CELEBRATES KENTUCKY EXTENSION HOMEMAKER WEEK

Chili Cookoff



Winners of the Chili Cookoff, left to right: 1st place, Pam Fields, 2nd place, Sue Linnenkohl, and 3rd place, Nancy Rayburn. Congratulations, ladies, on the tasty chili you made and the prizes you won!

Extension Staff Appreciation



The Homemakers celebrated the staff at the Extension Office by presenting some goodies for them during KEHA WEEK. Thank you to the staff—and to those who provided the items and/or worked on the display!

Ice Cream Social



The Ice Cream Social followed the Chili Cookoff and game playing. Shown here are some of the prizes won that day.

Paper Quilling For Beginners



Attendees of the Paper Quilling for Beginners program learned the basics of paper quilling learning the techniques of rolling paper to create art. It was an enjoyable evening.

PARENT

HEALTH BULLETIN



NOVEMBER 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Campbell County Cooperative
Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
<https://campbell.ca.uky.edu>

THIS MONTH'S TOPIC

WHAT PARENTS CAN DO TO HELP BUILD RESILIENCE



Resilience is the ability to bounce back when things are hard—when kids face difficulties, disappointments, or stress. It is not something children are born with, but instead it is built over time. Parents and caregivers play a big role in helping kids develop resilience. Love, support, and good habits help children learn to cope better with troubles and grow stronger.

One key thing parents can do is give children caring relationships. This means spending quality time, showing warm support, and being there to listen and offer comfort. When kids feel loved and understood, they are more likely to believe they can manage stress and recover from it.

Resilience helps to build problem-solving and coping skills. Parents can help by teaching children

Continued on the next page ➔

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



When kids feel loved and understood, they are more likely to believe they can manage stress and recover from it.

➔ Continued from the previous page

how to break down problems into smaller steps, come up with possible solutions, and try them out. Role-playing in different situations can give kids practice. Also, helping children manage stress through simple things, like breathing exercises, talking about feelings, spending time in nature, or doing something creative, can make a big difference.

Another part of resilience is self-efficacy or believing in their own abilities. This grows when kids succeed in small tasks. Parents should praise effort, celebrate small wins, and let children try new things even if they might fail. Allowing them to make safe mistakes helps them learn and fosters confidence.

Structure is important too. Kids need consistent guidance, routines, and clear expectations. When a household has reliable schedules (for meals, schoolwork, bedtime) and fair rules, children feel safer. They have a stable base from which to take risks and try new things. Parents knowing where their children are, what they are doing, and giving support also helps build resilience.

Talking about past challenges is helpful. When parents share experiences they've had—how they managed a tough situation, what they felt, and how they moved forward—it teaches kids that challenges are normal and manageable. It gives children a sense that they are not alone.

Finally, strong connections with family, friends, school, and the community give children a sense of belonging. Having adults they can trust and people to turn to helps children feel supported. These social relationships serve as “buffers” when times are tough.

What parents can try this week

- Ask your child what problem they are worried about and work together to make a small plan.
- Try a short family routine (for example, after dinner) where everyone shares one good thing and one hard thing from the day.
- Give praise for effort not just success. (“You really kept trying.”)



- Teach a calming strategy such as taking deep breaths, counting to 10, or walking away for a moment when upset.
- Connect with people in your community—maybe a neighbor, teacher, mentor—and help your child see they have support beyond just home.

By doing these things, you help your child not only survive challenges but also learn and grow stronger from them. Resilience isn't built in one day—it happens over time through many small steps.

REFERENCES:

- <https://www.stopbullying.gov/prevention/help-children-build-resilience>
- <https://developingchild.harvard.edu/resource-guides/guide-resilience>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

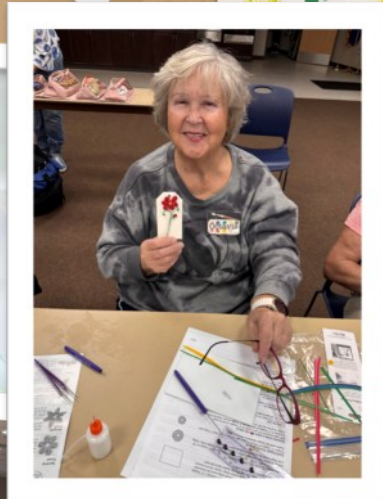
Designed by: Rusty Manseau

Stock images: Adobe Stock



CELEBRATING KENTUCKY EXTENSION HOMEMAKER WEEK

Attendees of the Paper Quilling for Beginners program learned the basics of paper quilling learning the techniques of rolling paper to create art. It was an enjoyable evening.



Paper Quilling for Beginners

Guiding Questions for Volunteer Service Unit Classification

Extension Other:

Is the program, class, or event **led by** an employee of extension, excluding 4-H?

(Cooking through the Calendar, Bingoquizze, Wits Workout, Recipes for Life, Cookwild)

Yes, classify as Extension Other

No, classify as a different category

Extension 4-H:

Is the program **lead by** the 4-H Agent or 4-H leaders or yourself as a 4-H volunteer?

Yes, classify as Extension 4-H

No, classify as a different category

KEHA:

Is the program, class, or event **led by** Homemaker Leaders or Members?

Are you serving officer or committee member at the club, county, area, or state level?

(Quilt Projects, Bake Sales, Tree Planting, Clean-ups)

Yes, classify as Homemaker Hours

No, classify as a different category

Community:

Is the program, class, or event **led by** someone outside of Extension and KEHA or lead by yourself as a member of a different organization?

(ex. Library, Senior Center, Health Department, School Tutoring...)

Yes, classify as Community Hours

No, classify as a different category

Personal:

Is this a service provided to family, friends, or neighbors, or associated with a faith-based organization?

(ex. Babysitting, Lawn Mowing, Transportation, Choir Practice, Sunday School...)

Yes, classify as Personal

No, classify as a different category

Name: _____ Address: _____
 County: _____ Phone: _____ Email: _____

** In 2025 the log was modified so that 4-H volunteer hours can be tracked and recorded. While 4-H hours are reported on a separate POW Report form (4-H Youth Development), they still count as part of an individual's total Extension VSU hours.*

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends, and neighbors. See KEHA Handbook pages 92-96 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 – June 30). Logs due to the county Leadership Chairperson or designated contact by July 1.

Talking Turkey: Dinner is Served

(continued from page 1)

For food safety reasons, it is best to cook the stuffing separately. If you want to cook a stuffed bird, mix the ingredients right before stuffing and stuff loosely. Be sure to check the temperature of the stuffing when you check the temperature of the turkey. The stuffing should reach a temperature of 165°F as well.

If your turkey already looks done and the skin is a nice golden brown, but the internal temperature has not reached 165°F, you should cover the skin with aluminum foil and keep cooking. The turkey is not safe to eat until the internal temperature reaches 165°F, no matter what color the skin is, or the color of the juices. Use Table 1 below for approximate cooking times at 325°F in the oven.

Remove the turkey from the oven and let it stand for 20 minutes before carving or removing the stuffing. This allows the meat to firm up and reabsorb some of the natural juices. If you start carving immediately, you will lose some of those juices and the meat will be dry.

Cooking in a Bag

Prep and season the turkey like above but place the whole bird inside a large bag specifically designed for cooking a turkey. These oven bags can be found in the same grocery aisle as sandwich bags and other storage bags. Place the bagged turkey on a rack in the roasting pan and follow the directions on the oven bag package for the manufacturer's recommended cooking times. As a general rule, whole, unstuffed turkeys in bags should be cooked at 350°F for the following times:

Add at least 30 minutes to the times above if you are cooking a stuffed turkey.

Cooking in a Roaster Oven

A roaster oven is a portable, electric appliance that can double as an oven. They are especially useful around

Table 1. Cooking times for oven roasting.

Unstuffed Bird		Stuffed Bird	
Weight	Time	Weight	Time
4-6 lb. breast	1½-2¼ hours	8-12 lb.	3-3½ hours
6-8 lb. breast	2¼-3¼ hours	12-14 lb.	3½-4 hours
8-12 lb.	2¾-3 hours	14-18 lb.	4-4½ hours
12-14 lb.	3-3¾ hours	18-20 lb.	4¼- 4¾ hours
14-18 lb.	3¾-4¼ hours	20-24 lb.	4¾-5¼ hours
18-20 lb.	4¼-4½ hours		
20-24 lb.	4½-5 hours		

Table 2. Cooking times in a turkey bag.

Weight	Time
8-12 lb.	1½-2 hours
12-16 lb.	2-2½ hours
16-20 lb.	2½-3 hours
20-24 lb.	3-3½ hours

Thanksgiving when you need your conventional oven for other baking purposes such as stuffing, sweet potato casserole and pumpkin pie. Generally, roaster oven temperatures and times are the same as conventional ovens. But always check the roaster's operating manual for the manufacturer's recommendations.

Preheat the roaster to at least 325°F. Prep the turkey as described above and then place it on the rack inside the roaster oven. Make sure the lid closes properly. Leave the lid on throughout cooking. Each time you lift the lid, it lets heat out and slows the cooking process. You can use a cooking bag in the roaster oven as long as no part of the bag touches the sides, bottom, or lid. Cook until the internal temperature of the bird reaches 165°F at the innermost part of the thigh and wing and the thickest part of the breast. Allow it to rest 20 minutes before slicing.

Deep-fat Frying a Turkey

Turkeys can be deep fried as long as the

bird is completely thawed and has not been stuffed. The turkey should be no larger than 12 pounds. Before you start your prep, you'll need to make sure the turkey fits in your cooker with enough space to allow the oil to completely cover the turkey by 1-2 inches without it spilling over the sides. You can determine the amount of oil you need by testing the volume with water. Start by placing the turkey on the stand or in a basket and lowering it into the cooker. Add water to cover the turkey 1-2 inches. Remove the turkey and draw a line on the cooker at the water level or pour it out and measure it. This is the amount of oil you will need. Dry the cooker thoroughly before adding the oil and choose an oil that has a high smoke point. Peanut oil is best but other oils such as safflower, soybean and canola will work too.

Heat the oil to 350°F and monitor the temperature of the oil throughout the entire process using a thermometer attached to the side of the cooker. Next, you'll start prepping the bird. Pat it dry

with paper towels and apply seasonings. Many people like to inject seasonings for turkeys that will be deep fried, but you can also rub seasoning onto the skin. There is no need for butter or oil on the skin, since the bird will be cooking in oil. Lower the turkey into the oil and begin cooking. Make sure it is completely covered. Allow 3-5 minutes cooking time per pound. After cooking, remove the bird from the oil and check the temperature with a food thermometer. The internal temperature must reach 165°F at the innermost part of the thigh and wing and the thickest part of the breast. If the turkey is not done, place it back in the oil for further cooking. Once done, remove it from the oil and place it on a pan or tray lined with paper towels. Let it rest 20 minutes before carving.

The used cooking oil can be stored and used again. Allow it to cool and then strain it. Pour the oil into storage containers and store them in the fridge. The oil can be safely stored in the refrigerator and reused within one month if it has been strained and covered.

Microwaving a Turkey

Did you know that turkeys can be cooked in a microwave oven? They can be cooked whole or in parts, if they are completely thawed. For more information about thawing turkeys, see the publication *Talking Turkey: Prep and Safety*. Prep your turkey as described above but do not stuff it. Cook the stuffing in a separate casserole when using the microwave. When selecting your seasoning rub you may want to include a dark seasoning, such as paprika, so that the skin appears brown. Keep in mind the turkey will not crisp up and brown in a microwave like it does when cooked in the oven or a roaster.

Cooking bags can be used in the microwave. In fact, cooking the turkey in a bag in the microwave helps it to cook more evenly. If you're not going to use a

bag, place the turkey or turkey parts in a microwave safe dish and cover it with a lid. If you don't have a lid, cover the dish with plastic wrap and vent the top. A 12 -pound turkey is the largest size most microwaves will hold. It is important that you have at least 3 inches of space between the bird and the top of the microwave and 2-3 inches of space around the bird.

Follow the recommendations in the microwave owner's manual for cooking a turkey. Microwaves differ in their wattages so cooking times are different for each one. A general rule is to allow 9 - 10 minutes of cook time per pound on medium power. Remember to rotate the bird during cooking to ensure even cooking. Rotating should be done by hand if you don't have a spinning plate. Use a food thermometer to check for doneness. The internal temperature must reach 165°F at the innermost part of the thigh, the innermost part of the wing and the thickest part of the breast. After removing the turkey from the microwave, let it stand for at least 20 minutes before carving.

Cooking a Frozen Turkey

If you find yourself having to cook a frozen turkey on Thanksgiving, don't fret! It can be done. There are a few extra steps and added cook time, but

the day is not lost. You'll want to use the oven for baking and allow 50% more cook time – this is simply 1.5 times the recommended cook time from suggested cooking times for oven roasted turkeys. For example, a 19-pound thawed turkey needs 4 ½ hours to cook whereas a frozen 19-pound turkey needs 6 ¾ hours to cook. Oven baking/roasting is the only method recommended for cooking a frozen turkey. Don't use an oven bag or cook the frozen turkey in the deep fryer. You should also never smoke, grill or use the microwave to cook a frozen turkey.

Start the process by preheating the oven to 325°F. Remove the turkey from its packaging and place on a rack in a roasting pan. Don't try to remove the bag of giblets. You won't be able to yet. Place the turkey in the oven and let it cook undisturbed for 2 hours. After 2 hours, take the temperature using a food thermometer at the legs and thigh. The temperature should be around 90 to 95°F. At this time, you can season the bird and apply butter or oil to the outside. The breast and cavity of the bird is still partially frozen at this point, so you may not be able to remove the bag of giblets. If you can, go ahead. If not,

(continued on next page)

Table 3. Traditional cooking method and estimated cooking times.		
Method	Size of Turkey	Estimated Cooking Time
Oven (stuffed, unstuffed, or in bag)	See charts above	See charts above
Roaster oven	8-24 lb.	Similar times to oven roasting
Deep-fat frying	8-12 lb.	3-5 minutes per pound in 350° oil
Frozen tur-key	8-24 lb.	Add 50% additional time to oven times
Microwaving	8-12 lb.	9-10 minutes per pound on 50% power

Pam's Tips – Food, Nutrition & Health Corner

Baking seems to occur more often for most of us during the holidays. Many cookies are made during November and December as many participate in Cookie Exchanges or prepare gifts for friends and/or community workers. We always want those to “turn out right” for the recipients. I recently read an article by the editors of “Cuisine At Home” that addressed why some recipes tell us to chill the dough before baking. The reason: some doughs are hard to form when warm and may spread out more when you bake them. For example, sugar or gingerbread cookies tend to stick to a rolling pin and become misshaped when you press them with cookie cutters if the dough has not been chilled. Chilling the dough helps to avoid those issues because it becomes firmer and easier to work with. Lastly, and maybe most importantly, the cookies may not have the best consistency or flavor if the dough's dry ingredients haven't had enough time to absorb the liquid in the recipe. I hope this info will come in handy in your baking for the holidays ahead!



Pam Fields

Talking Turkey: Dinner is Served

(continued from page 15)

don't worry about it just yet. Put the bird back in the oven for another hour and then check it again.

After 3 hours in the oven you should be able to remove the bag of giblets. Check to see if the bag holding the giblets is paper or plastic. If the bag is paper, there is no safety concern if the giblets continue to cook inside the bird, but if you can, go ahead and remove the giblets and cook them separately. If the bag is plastic, you need to remove it. If any of the plastic has started to melt, you will need to throw away the bag of giblets as well as the turkey. Harmful chemicals can be released into the turkey as the bag melts making the turkey unsafe to eat.

Once the giblets have been removed, brush the outside of the turkey with butter or oil or baste with pan drippings before placing back in the oven. At this point the turkey should cook for another 1 ½ to 2 hours depending on its size. Start checking the temperature after 4 ½ hours. The turkey needs to reach an internal temperature of 165°F at the innermost part of the thigh, the

innermost part of the wing and the thickest part of the breast. Once it's done, don't forget to let it rest at least 20 minutes before carving.

Additional Cooking Methods

Turkeys can also be prepared in pressure cookers and slow cookers. In these cases, turkey parts or quarters will be cooked as many turkeys will not fit in these small appliances. Refer to the owner's manual for instructions on preparing turkeys. Cooking times will vary by machine and altitude.

References

“Alternative Ways to Cook Turkey,” United States Department of Health & Human Services, accessed on October 1, 2018, <https://www.foodsafety.gov/keep/charts/alternativeturkey.html>.

“Proper Thermometer Placement,” United States Department of Agriculture, accessed on October 1, 2018, https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/teach-others/fsis-educational-campaigns/thermy/proper-thermometer-placement/ct_index.

“Turkey: Alternate Routes to the Table,” United States Department of Agriculture, accessed on September 28, 2018, <https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/turkey-alternate-routes-to-the-table>.

“Turkey Basics: Safe Cooking,” United States Department of Agriculture, accessed on October 1, 2018, https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/turkey-basics-safe-cooking/CT_Index.

Reproduced from Martin-Gatton College of Agriculture, Food and Environment:

<https://publications.mgcafe.uky.edu/sites/publications.ca.uky.edu/files/FCS3620.pdf>

Limiting screen time for children

Source: David Weisenhorn, senior extension specialist

Holiday breaks can be a challenging time for managing screen time, as you often have more free time and are surrounded by digital devices. Striking a balance between screen time and other activities is crucial for ensuring that children stay active, creative, and socially engaged during these extended breaks. By setting limits and encouraging outdoor play, parents can help children maintain a healthy relationship with technology while enjoying a variety of holiday activities.



opportunities for outdoor fun, such as sledding, ice skating, or nature walks. For areas without snow, activities like biking, hiking, or simply playing games outside can be equally stimulating. Not only does outdoor play promote physical health, but it also boosts mental wellness by reducing stress and increasing exposure to natural light and fresh air. The Centers for

Disease Control and Prevention notes that children should aim for at least 60 minutes of physical activity each day, even during holiday breaks.

Parents can motivate children to play outside by joining them or organizing group activities with other families. Creating a balance between outdoor play and screen time helps children stay active, reduces screen fatigue, and ensures that the holiday break is filled with diverse and enriching experiences.

References:

American Academy of Pediatrics. (2016). Media and Young Minds. Retrieved from aap.org

Centers for Disease Control and Prevention. (2022). Physical Activity Guidelines for Children. Retrieved from cdc.gov

documentaries or interactive learning games, into screen time can make it a more productive experience. The American Academy of Pediatrics recommends that parents help children choose educational content and avoid mindless consumption, which can be less beneficial for cognitive and social development.

Setting Limits and Encouraging Outdoor Play

Setting clear screen time limits is essential to prevent excessive use during the holidays. Experts suggest establishing clear boundaries, such as no screens during meals, family gatherings, or before bedtime. This creates a routine where screen use is monitored and doesn't interfere with important family or social time.

Outdoor play is one of the best ways to encourage children to disconnect from screens and engage in physical activity. Winter weather can still offer plenty of



Balance Screen Time with Other Activities

The key to managing screen time is balancing it with other enriching activities. Holiday breaks provide an opportunity to engage kids in a variety of non-digital experiences, such as reading, arts and crafts, cooking, or playing board games. Encouraging family involvement in these activities can make them more enjoyable and meaningful for children.

It is also helpful to create a daily schedule that includes designated times for screen use as well as periods for other activities. This allows children to know when they can use their devices, reducing the likelihood of constant requests for screen time. Additionally, allowing educational content, such as



2025 Flower Buds

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).
Older children are also
welcome to join with prior notification.

Space is limited to 15 children
plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu



Location:
Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076



2025 Flower Buds Schedule:

10:00 a.m.-11:30 a.m

- ☐ Thursday, August 7
- ☐ Thursday, September 4
- ☐ Thursday, October 2
- ☐ Thursday, November 6
- ☐ Thursday, December 4

If you have questions, please contact Kate Thompson or Terri Turner.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

FINANCIAL CONSIDERATIONS FOR THE SANDWICH GENERATION

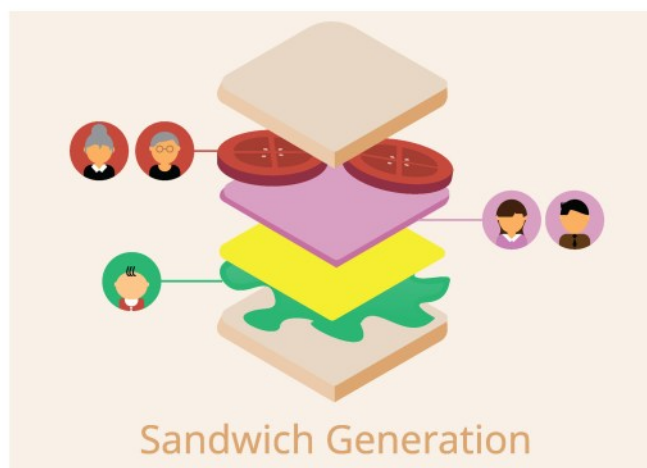
Approximately one in four adults simultaneously cares for someone over age 65 and raises a child under age 18 (Lei et al., 2022). This group is called the **sandwich generation**. With average life expectancy rates increasing, many middle-aged adults now find themselves caring for both their aging parents and their dependent children at the same time.

The sandwich generation faces normal financial pressures, such as childcare and education costs, retirement savings, healthcare needs, and basic living expenses. What makes this population unique is that they have co-occurring responsibilities that often draw from the same limited pool of resources (e.g., time, energy, money).

Balancing dual caregiving roles can be challenging, especially with multiple competing priorities. If you are a “sandwiched” adult, consider these tips to reduce the financial stress associated with caring for an aging loved one.

KEEP BUDGETS SEPARATE

If you provide care for an older adult, it is important to keep their finances separate



from yours if they plan to apply for assistance through government agencies. When applying for benefits, don't hide or transfer a loved one's assets to qualify, as this can have negative legal consequences. Use your loved one's resources to pay for their expenses and keep detailed records.

EXPLORE ASSISTANCE PROGRAMS

Search for community and government assistance programs that can help with living or medical expenses, long-term care costs, meal delivery services, transportation to medical appointments, etc. Additionally, research local free or low-cost senior programs, senior centers, adult day care

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



options, and caregiver support groups.

Useful links include:

- Medicaid (<https://www.medicaid.gov/>)
- Medicare (<https://www.ssa.gov/medicare>)
- Supplemental Security Income (SSI) (<https://www.ssa.gov/ssi>)
- Senior Services (<https://www.hhs.gov/programs/social-services/programs-for-seniors/>)
- Kentucky Department for Aging and Independent Living (<https://www.chfs.ky.gov/agencies/dail/>)
- National Aging in Place Council (<https://ageinplace.org/>)

SUPPORT FOR CAREGIVERS

Dual caregiving can be exhausting. If you feel overwhelmed, remember you are not alone. Talking with a counselor, chaplain, or friend can help. Also, consider meeting with

a financial planner who specializes in elder care. They can create a financial plan that balances everyone's needs. Caregivers may qualify for unpaid time off under the Family and Medical Leave Act (FMLA) (<https://bit.ly/DOLbenefitsFMLA>). FMLA allows qualifying employees to take up to 12 weeks of unpaid, job-protected leave per year to care for an immediate family member. Some employers offer paid elder care leave options; they permit you to use sick days or personal leave to care for loved ones; or they offer shared leave banks for caregiving needs.

REFERENCES

Lei, L., Leggett, A. N., & Maust, D. T. (2023). A national profile of sandwich generation caregivers providing care to both older adults and children. *Journal of the American Geriatrics Society*, 71(3), 799-809.

Military Family Spotlight

More than 235,000 veterans call Kentucky home. If your parent is a veteran, the U.S. Department of Veteran Affairs (VA) Caregiver Support Program (<https://www.caregiver.va.gov/>) provides education and resources to help caregivers. Reach out to the Caregiver Support Coordinator at your local VA Medical Center to learn more.

All active-duty, National Guard, and Reserve service members, their families, and survivors are eligible to receive free financial counseling services with a Personal Financial Counselor (<https://finred.usalearning.gov/pfcMap>). They can help you explore VA resources and health benefits, as well as other government assistance programs like Medicaid and Medicare to help with medical costs.

Student contributions by Barbara Breutinger and Peyton Mays, Family Financial Counseling

Written by Kristen Jowers, M.S., and Nichole Huff, Ph.D. | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

ADULT HEALTH BULLETIN



NOVEMBER 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Campbell County Cooperative
Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
<https://campbell.ca.uky.edu>

THIS MONTH'S TOPIC MANAGING DIABETES DURING THE HOLIDAYS



National Diabetes Month is every November in the United States. It's a time set aside to raise awareness about diabetes, its risk factors, and the importance of managing the condition for improved health.

This is also a time of the year when many Americans host family gatherings, special meals, and other celebrations. The holidays are a time for fun, family, and food. But if you have diabetes, they can also bring challenges. With travel, big meals, and busy schedules, it is easy to forget about healthy habits. The good news is that with some planning, you can enjoy the season while keeping your blood sugar in check.

Continued on the next page ➔

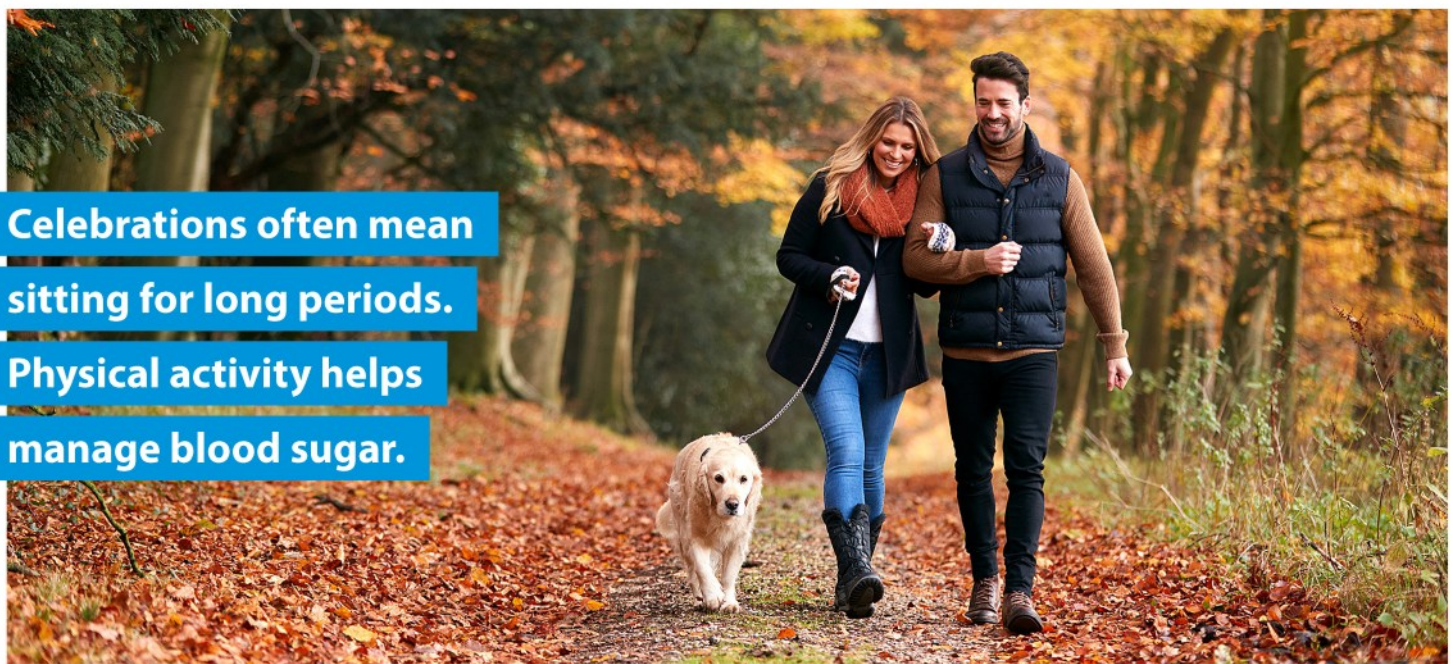
**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506





Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar.

 **Continued from the previous page**

Plan for travel

Traveling can make it challenging to stick to your routine. If you are flying or driving, bring healthy snacks like nuts, fruit, or whole-grain crackers. Pack your medicines, supplies, and testing equipment in a bag you keep with you. Try to stick to your regular meal and medicine times, even if you are in a different time zone. Drink water often and take breaks to stretch and move when you can.

Be smart at special meals

Holiday meals are often full of rich foods and sweets. You do not have to miss out, but you can make wise choices. Fill half your plate with vegetables or salad and eat those first. Starting your meal with high-fiber foods can help you feel full without eating as much. Always include protein as well, to keep you full for longer. Choose smaller portions of higher-carb foods, such as bread, stuffing, or casseroles. If you want a treat, pick your favorite and enjoy a small serving. Eating slowly can help you feel full and avoid overeating. Also, remember to drink plenty of water, and avoid sugary drinks like soda, punch, and too much alcohol.

Stay active

Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar. Take a walk after meals, play a game with

family, or dance to holiday music. Even short bursts of movement can make a difference.

Keep track of your blood sugar

Check your blood sugar more often during the holidays. New foods, travel, and stress can cause changes. Bring your testing supplies with you and record your numbers regularly. This will help you stay on top of your health and amend your insulin or other medications if needed.

Manage stress and rest

Holidays can be stressful, and stress can impact blood sugar levels. Take time to relax, breathe, and get enough sleep. Rest helps your body stay balanced and gives you more energy to enjoy the season. You may need to make conscious choices to limit your commitments and allow enough extra time to avoid feeling rushed.

REFERENCES:

- <https://www.cdc.gov/diabetes/healthy-eating/5-healthy-eating-tips-holidays.html>
- <https://www.wakehealth.edu/stories/tips-on-managing-diabetes-during-the-holidays>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



Holiday Cards with Canva



Please join us for a basic graphic design workshop where we will walk through how to design our own holiday cards in the free version of Canva. NOTE: Participants **must** bring their own laptop or tablet in order to use Canva. Seats limited, please register only if you can attend.



Thursday December 4th, 2025 @ 1PM - 3PM



Campbell County Extension Office
3500 Alexandria Pike,
Highland Heights, KY 41076

REGISTER AT: campbell.ca.uky.edu or (859) 572-2600



Dignity

Help her stay in school

Little Dresses for Africa has identified a need among the young women in 3rd world countries and we are addressing it with our "Sani-Pani" sewing project. The distribution of these simple, washable pads and the discussion surrounding the good hygiene enables young girls to not only manage their periods more easily, but maintain their dignity in the community. Please join us in the important project. Also needed are adult sized women panties. Thank You!

Sani-Pani Pattern

Thank you for your interest in helping the girls in developing countries through our Dignity Program

Materials

- Prewashed flannel
- 100% cotton quilt batting
- Two 2" sturdy safety pins

Assembling the Pads

Between two pieces of flannel, with right sides of materials cut, place 3 batting (lining) pieces. Zigzag or serge around the edge, making sure you catch both sides together. Sew a straight line or two lengthwise through the middle to "quilt" all the pieces together. Attach two of the 2" safety pins to the backside. You are finished!

When cutting the flannel and batting, it may help to use a Sharpie pen to trace around the pattern, positioning them side-by-side. Don't forget to pre-wash the flannel for the best result. When assembling, any decent size left over scraps of flannel or batting can be placed in the middle for extra absorbency. The 2" large safety pins, which can be found on Amazon or at your local sewing store are a great addition if you can include them.

E-mail any questions to: mealgravy@gmail.com

Drop them off at the front desk of the Extension Office.

Campbell County Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

Thank you,
Octavia Dales, International Chairperson
Campbell Count Extension Homemakers



Kate Vaughn Thompson

Kate Vaughn Thompson
Extension Agent for
Family and Consumer Sciences

Allison Bowen
Extension Assistant for
Family and Consumer Sciences

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

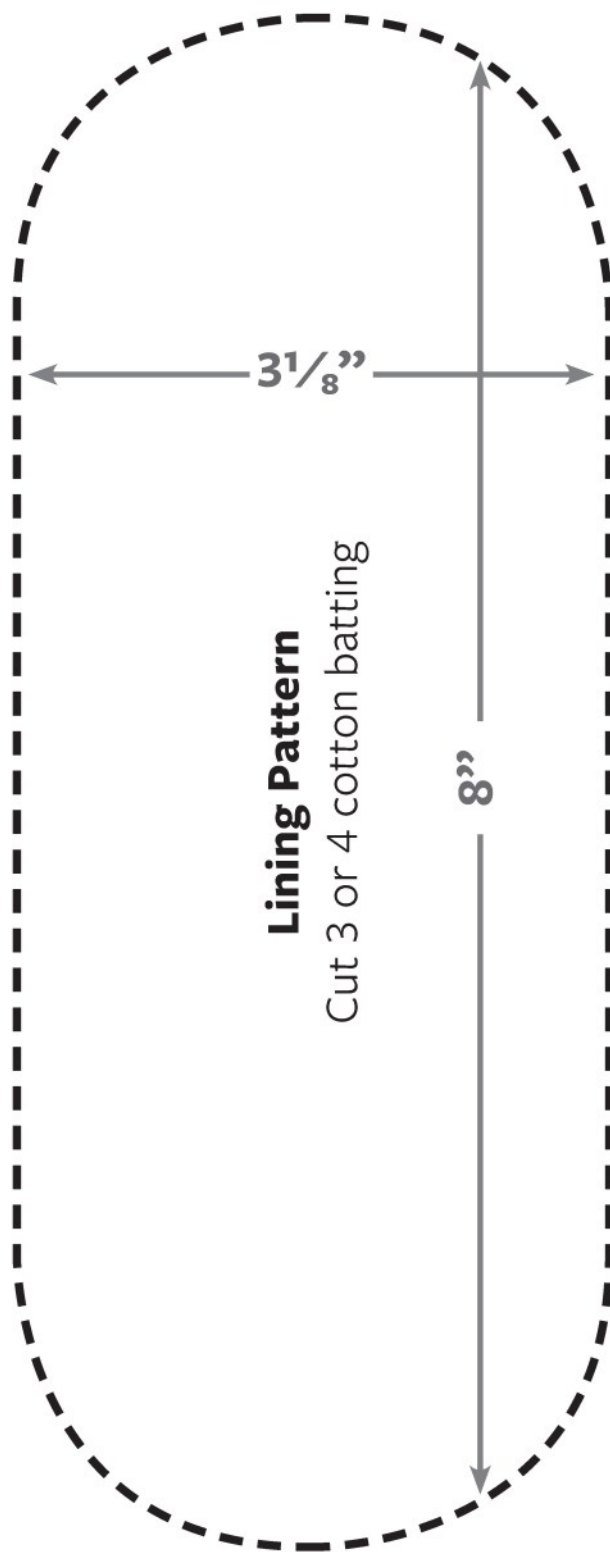
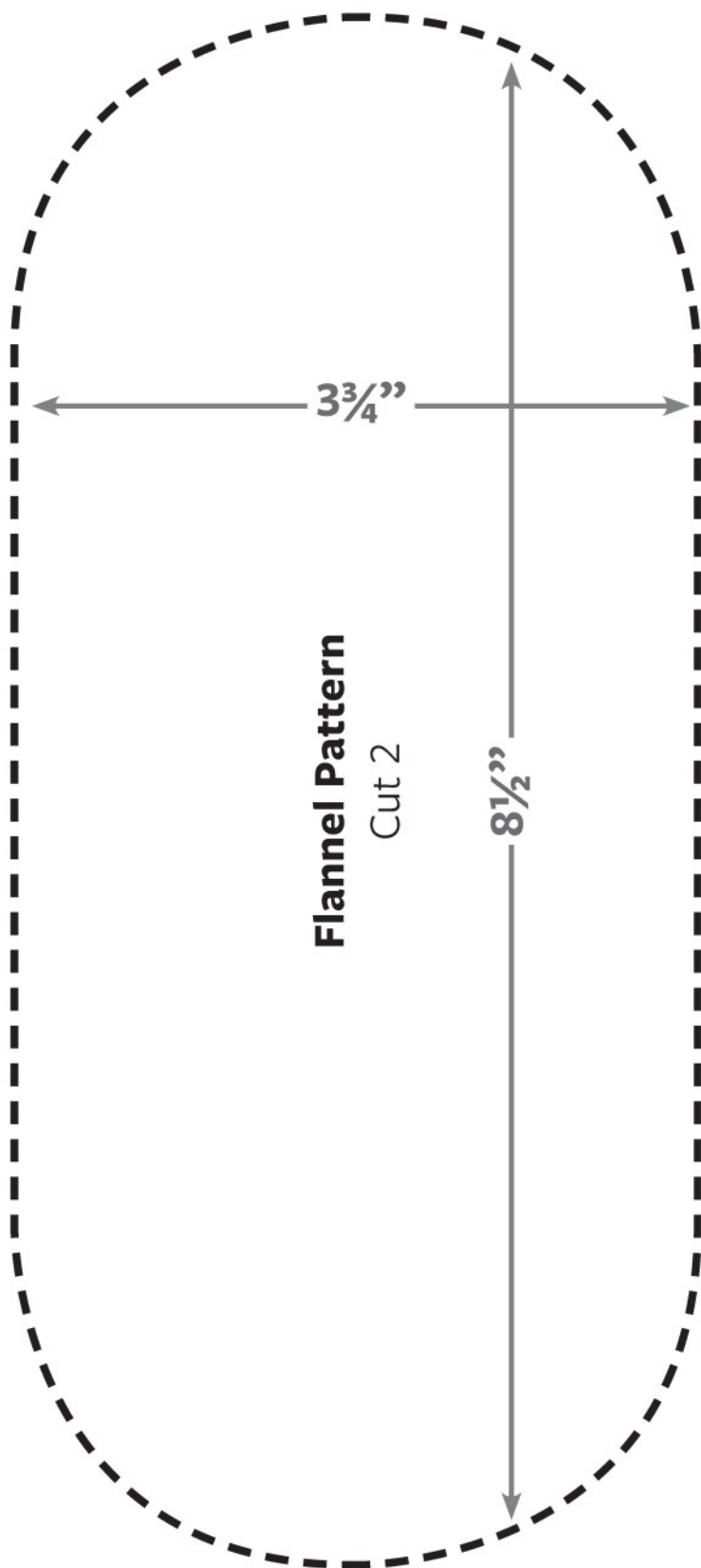
Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to:

-- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,

-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or

-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



Nourishing your Bones and Joints!



Knowing how to prevent, manage and take care of your bones and joints is an important part of your overall health and quality of life. Come learn tips for bone and joint health!

November 20, 2025
1:30 PM

Campbell County Cooperative Extension
3500 Alexandria Pike
Highland Heights, KY 41076



**Essential Nutrients for
Bone and Joint Health**

**To register
for this program,
call 859-572-2600
or online:**

campbell.ca.uky.edu/events/

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

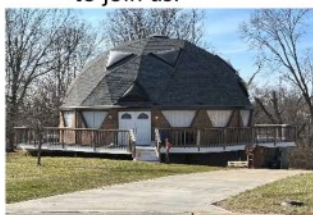
Boone County KEHA Members in Motion Club

Locations Visited from October, 2024, to September, 2025

Boone County KEHA Members in Motion Club

First Year in Review

Begun in October, 2024, Members in Motion homemakers enjoy walking and hiking together. In addition, we occasionally venture into other activities, e.g., bowling, disc golf, horseshoes, kayaking, pickleball, and miniature golf. Focusing on camaraderie, we usually meet in local parks but have done urban hikes for a change of pace. Sometimes we end our outings sharing a meal at a local restaurant. New Homemakers Association members are always welcome to join us.



Stringtown Park Urban Hike



North Pointe Park Playhouse



Burlington Store Urban Hike Metal Couple

Stats For Our 10/24 - 9/25 Year

Counties Hiked: Boone, Kenton

Total Parks Visited: 26

Boone: 16

Kenton: 10

Number of Events: 31

Number of Participants: 99

Other Activities: Archery,
Bowling, Miniature Golf, Party



All Dressed Up and Ready To Go

Middleton-Mills Park Jail Cell



Archery Event Targets



Motorcycle Transports Bicycle

[Judy Smith, 859-443-9876 or w1oro@yahoo.com](mailto:w1oro@yahoo.com)

Meeting dates, times, and locations vary based on the activity.

Boone County Parks

- Central Park / Boone County Arboretum
- Big Bone Lick State Historic Site
- Boone County Extension Environmental & Nature Center
- Earl and Hazel Jones Center for Conservation
- England Idlewild Park
- Florence Bell Park
- Florence Mall
- Florence Nature Park
- Florence Skate Park
- Giles Conrad Park
- Lincoln Woods Park
- Niblack Park
- North Pointe Park
- Stringtown Park
- Waller-Stevenson Mill Park
- Walton Community Park

Kenton County Parks

- Boy Scout Troop 717 Nature Trail
- Covered Bridge Park
- Fox Run Park
- Hands Pike Park
- Highland Cemetery
- Middleton-Mills Park
- Pioneer Park
- Pride Park
- Sanitation District No. 1 of Northern Kentucky
- Wolsing Woods Trails

Activities Locations

- Archery - Boone County Extension Environmental & Nature Center
- Bowling - Strike & Spare
- Holiday Party - Fuji Steak House
- Miniature Golf - Putt-Putt Fun Center
- Tea Party - Yin-Shen Chang's House



Parmesan Carrot Chips

Servings: Makes 4 servings **Serving Size:** 2/3 cup **Recipe Cost:** \$2.64 **Cost per Serving:** \$0.66



Ingredients:

- Nonstick cooking spray
- 1 bag (1 pound) carrot chips (or 4 large carrots, sliced 1/4-inch thick)
- 2 tablespoons olive or vegetable oil
- 2 tablespoons cornstarch
- 2 teaspoons garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon chili powder or cumin
- Dash cayenne pepper or red pepper flakes (optional)
- 1/4 cup parmesan cheese

Nutrition facts per serving:

140 calories; 9g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 160mg sodium; 13g total carbohydrate; 2g dietary fiber; 4g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source: Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service d from Loves Grow Wild, <https://lovesgrowwild.com/2014/10/cheesypumpkin-pasta-bake>

Directions:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 425 degrees F. Line a large baking sheet with foil or parchment paper. Spray with nonstick cooking spray. Set aside. (Note: You might need two baking sheets to avoid layering the carrots.)
3. In a medium bowl, mix olive oil, cornstarch, garlic powder, paprika, chili powder or cumin, and cayenne pepper (if using). Add carrots and toss to coat.
4. Spread carrots out in a single layer on the baking sheet. Place in the oven and bake for 18 minutes. Remove from oven, sprinkle with parmesan cheese, and toss to coat all sides. Return to the oven for 5 to 7 minutes or until crispy and slightly browned.
5. Remove from oven and allow to rest several minutes before serving.
6. Refrigerate leftovers within 2 hours.

Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
Holiday Cards with Canva December 4—1-3PM						
2  FALL BACK	3	4 Lunch Bunch – Drakes in Florence 11:00am — <i>if you want to carpool, be at extension office by 10:00am</i>	5	6 Flowerbuds Program - 10:00am	7 Quilting Retreat at Highland Heights Extension Office I ♥ QUILTING Friday: 10-4 Saturday: 9-?	
9	10  Maker Club Meeting - 6:00-8:00PM	11  Valley Homemaker Meeting - 10:00am	12	13 HM Council Meeting 10:00am Holly Jolly Days at the Behringer-Crawford Museum - 1:00p.m.	14	15  Stash Buster 9:00am-2:00PM
16	17	18	19	20 Nourishing your Bones and Joints 10:00am	21	22
23	24  Crazy Quilters - 10:00am (Rm B & C) 30	25	26	27 Extension Office Closed 	28	29