NEWS & EVENTS

BB Team Sign Ups

The Elbert County BB Team is ready to get underway with the 2018-2019 season! Students who are interested in shooting on the Elbert County 4-H BB Team should make plans to attend Orientation/Practices at the IV Hulme 4-H Center (10 Cloverleaf Drive, Elberton, Georgia) from 6:00-8:00pm, on Monday, November 12th, and Thursday, November 15th. An adult must accompany the 4-H’er! Questions will be answered and paperwork will be completed during that time.

Guess the Weight of Norman the Steer

Thank you to everyone who participated in our "Guess the Weight of the Steer" at the 2018 Elberton 12-County Fair. We had a lot of guesses for this amazing steer belonging to our Ag Agent Patrick Marcellino. Congratulations to Mr. Randy Hagerman who guessed his weight of 2840 pounds exactly to win the prize! Thanks again to everyone who supported Elbert County 4-H and visited the livestock barn this year!

Cloverbuds Discover the Birds

Bird Activity

Birdwatching on Beavderdam Nature Trail: Kennedy found a nest, and we saw feathers. Hopefully, you will see the birds from your bird wheel at one of your bird feeders! All birds have feather and beaks, and they all hatch from eggs. Most birds can fly. You can tell a lot about their diet and habitat by the shape of their beaks and feet. Some have hooked, seed or fruit cracker, underwater sieve, or flower probing beaks. Some have feet for perching, climbing, catching prey, or even webbed feet!
FAMILY & CONSUMER SCIENCES

Pumpkin Harvest Time!

By: Christa Campbell

Harvest decorating is a sure sign that fall has arrived! Pumpkins can do double duty as harvest decorations and provide a powerhouse of good nutrition and savory flavor for meals and snacks. Use non-toxic paint or markers to decorate faces for Halloween, and then preserve the flesh to add fiber and valuable nutrients to your diet year round. Here is how to safely preserve pumpkin past harvest time.

Freezing is the easiest way to preserve pumpkin and provide the best quality product. Select full-colored mature pumpkins with a good texture. Scrub the outside with a produce brush under running water. Cut into cooking-sized sections and remove the seeds to be dried or roasted later. Cook until soft in boiling water, steamer, pressure cooker, or an oven. Remove pulp from rind and mash. Place in a container, cool quickly in a cold water bath, and stir occasionally. Pack into rigid containers leaving one-half inch headspace and freeze. Plastic bags can also be used if they are freezer storage quality. Complete information about containers and headspace can be found at nchfp.uga.edu/how/gen_freeze.html.

Drying and roasting the pumpkin seeds are two different processes. To dry, carefully wash pumpkin seeds to remove the clinging fibrous pumpkin tissue. Pumpkin seeds can be dried in a dehydrator at 115-120°F for 1 to 2 hours or in an oven on warm for 3 to 4 hours. Stir them frequently to avoid scorching. Use the dried pumpkin seeds, toss with oil and/or salt, and then roast in a preheated oven at 250°F for 10 to 15 minutes.

Home canning pumpkin butter, mashed or pureed pumpkin or winter squash is NOT recommended. There are no safe, tested home canning procedures for mashed pumpkins or pumpkin butters we can recommend. If you make something up yourself and guess wrong, the result could be botulism (a rare, but serious, illness caused by foodborne bacteria). Only pressure canning methods are recommended for canning “cubed” pumpkin. Select top quality pumpkins with a hard rind and string-less, mature pulp. Small pumpkins (sugar or pie) make better products. Wash pumpkin and remove seeds. Cut into 1-inch slices and peel. Cut flesh into 1-inch cubes. Add to a saucepot of boiling water, boil 2 minutes. Remember, do not mash or puree! Spoon hot cubes into warm prepared jars, leaving 1-inch headspace. Fill the not cooking liquid over the cubes to cover them, still leaving 1-inch of empty headspace from top. Remove air bubbles. Wipe jar rims with a clean, dampened paper towel, apply and adjust lids. Process in a recommended stovetop pressure canner according to USDA recommendations found in the University of Georgia’s So Easy to Preserve book or at nchfp.uga.edu/how/can_04/pumpkin_winter_squash.html. Process times are different for pint and quart jars, and the pressure setting will depend on the type of pressure canner you use and your altitude.

Think safety when planning to preserve pumpkin. Pumpkin is a low acid vegetable and requires special attention when preserving for later use to avoid food safety issues. Even though pumpkin butters are popular, there is no properly tested safe home canning method for room temperature storage. Choose quality pumpkins for preserving that will provide a source of fiber and valuable nutrients for your diet past the harvest season.

Reference:
https://nchfp.uga.edu/tips/fall/pumpkins.html
Food Safety Guidelines for Turkey  
By: Christa Campbell

Here are food safety questions that are frequently asked when consumers are preparing turkey. The answers to these questions can help prevent foodborne illness associated with turkey. Keep these food safety guidelines in mind when handling turkey:

What foodborne bacteria are associated with turkey?

The foodborne bacteria that are most often associated with turkey are *Salmonella*, *Campylobacter jejuni*, *Staphylococcus aureus*, and *Listeria monocytogenes*.

How long can you keep a turkey in the freezer? In the refrigerator?

It is recommended that whole turkey be kept in the freezer no longer than twelve months. While there is no safety risk in holding a turkey in the freezer for longer than twelve months, the quality of the turkey may be less than desirable. Fresh whole turkeys can safely stay in the refrigerator for one to two days, or according to the date on the manufacturer’s packaging.

How should I thaw my turkey? How long will it take?

There are three ways to safely thaw your turkey: in the refrigerator, in cold water, and in the microwave. The most recommended way to thaw a turkey is in the refrigerator.

While thawing in the refrigerator, the turkey will not reach an internal temperature above 40°F, so harmful bacteria will not have the chance to grow. Thawing a turkey in the refrigerator requires planning. If the refrigerator temperature is set at 40°F it will take about 24 hours for every 5 pounds of turkey to thaw.

If you don’t have enough time to thaw the turkey in the refrigerator, you can try to thaw it in cold water. Make sure the turkey is wrapped well in leak-proof packaging, as the flesh can absorb water and make a watery product. Submerge the turkey completely in cold water. The water should be changed every thirty minutes until the turkey is completely thawed. It should take about thirty minutes per pound of turkey to thaw. Since temperature conditions are not controlled using the cold water method of thawing, the turkey should be cooked immediately after thawing.

The third method of thawing is in the microwave. You should follow the oven manufacturer’s instructions for thawing turkey in the microwave. Always cook the turkey immediately after thawing in the microwave, as some parts of the turkey may have reached temperatures where harmful bacteria can grow.

For more information about safely preparing your Thanksgiving meal, contact Christa Campbell via email at christaa@uga.edu.
Clove Crafts & Genealogy
Are you inspired by beauty in the world around you? Can you express yourself through art? Do you want to learn more about your family? If so, join us for an arts and crafts club! We will meet Tuesday, November 27th from 3:30 to 5:00pm at the 4-H Center. This is the perfect opportunity to let those creative juices flow! We will make a family tree, so bring family pictures and information about your family with you! The 4-H van will pick up interested students at Elbert County Middle School.

Horse Quiz Bowl
Are you a horse lover? Do you want to learn as much as you possibly can about this amazing animal? You need to join our Horse Quiz Bowl team! You will study all sorts of information related to the horse industry. 4-H’ers who participate will not only learn about our equine friends, they will get to compete with other 4-H’ers from across the state while answering questions in a jeopardy styled competition. Practices will be held on November 12th, 14th, 26th and 28th, from 3:30-5:00pm at the 4-H Center. The 4-H Van will pick up students at ECMS.

Computer Science Project Club
If you really enjoy computers and what they have to offer, we invite you to come learn more about these amazing machines during this fun and interactive Project Club Meeting taught by Sergio Valdez. Monday, November 12th, at the 4-H Center from after-school to 5:00pm. See you there!

Circus Skills
Did you have fun watching the circus at the Elberton 12-County Fair?!? Would you enjoy the opportunity to learn how to do some circus tricks of your own? Make plans NOW to come to the “Circus Skills” Project Club meeting on Tuesday, November 13th!!! 4-H Center afterschool until 5:00pm. This is going to be FUN!!!

Acting Cover Project Club
Do you want to be an actor? Want to know more about performing arts? Maybe the Broadway stage is where you are headed?!? Well you definitely need to join our “Acting Clovers” group and learn all the basics of theatre-type work. This club is taught by Madison Clements and will meet November 15 from 3:30-5:00pm at the 4-H Center. The 4-H van will pick up interested students at the Elbert County Middle School in the 5th grade car rider line. Get ready to “break a leg!” See you there!

Music-N-Me Music Club
Do you love music? Can you sing? Play an instrument? Dance? We would love to have you stay after school and enjoy music with us at the Music-N-Me Club! Come join us at our November 29th meeting at the 4-H center afterschool. The 4-H van will pick up interested students at ECMS. Let’s rock and roll!

Christmas Cloverleaf Dance
will be held Friday, November 30th, at the 4-H Center Gym from 6-8pm. Admittance is $5.00 with membership cards (a lost membership card may be replaced for $.50). Drinks, pizza and snacks will be available for $1. 4-H’ers earn 10 Cloverleaf Points for attending. The class with the most participation will win an ice-cream party!

PARENTS: Please enter through Filter Plant Drive (backwards). Please pick your child up promptly at 8pm. Thank you!

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Office Hours:
Monday - Friday
8:00am - 5:00pm
Closed 12:00pm-1:00pm

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