



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Plan For Holiday Leftovers

The holiday season feasting days will soon be over for another year but in some homes the turkey seems to last forever. This year, why not be a creative cook and plan an innovative recycling job on your leftover foods?

Many homemakers are guilty of using all the leftovers for every meal until everybody in the family is sick of them. Why not try using just one or two leftovers for a meal and plan food purchases to include something "fresh" for each meal? If you are going to serve the turkey for a second dinner, plan a vegetable or salad that did not make an appearance on the holiday groaning board. When recycling the sweet potatoes or squash, serve them with another meat, perhaps ham or sausage. It is amazing how much faster and less painfully leftovers disappear when you use this technique.

If you plan to freeze your leftover turkey, remove the meat from the bones before freezing. Divide the large slices from the small slices and freeze separately. As you pick the small pieces of meat from the turkey bones, separate the pieces into amounts that you can use in one recipe and either freeze

the packages immediately or prepare some really special casseroles for your freezer.

For best eating quality, plan to use these leftovers within one month. For longer storage try covering the turkey meat with broth or gravy. Liquid keeps air from getting to the meat and lengthens the storage life to six months. Frozen reheated turkey may not have the delicious taste of first-day turkey, but it certainly is better than eating turkey four or five days in a row.

Dressing or stuffing is one holiday leftover that must be handled with care. It should be removed from the turkey as soon as possible after it comes out of the oven. Never leave a stuffed turkey sit at room temperature. Place any leftover dressing into a covered container and refrigerate. Plan to use it within three days. When preparing it for another meal, reheat just enough for that meal, not all the stuffing you have on hand. Freeze what you cannot use within three days. Cooked dressing will keep three to four weeks in your freezer. It can be reheated without thawing or you can thaw it in your refrigerator but never at room temperature.

Have a safe and happy holiday!



HAPPENINGS

New 4-H Club Forming In Cheltenham Area

Boys and girls ages 8-18 are invited to join the new 4-H Community Club in Cheltenham. The club will meet at the Rowland Community Center on Myrtle Avenue in Cheltenham.

Plans for the next two years include projects in woodworking, ceramics, sewing, cooking and crafts. The group will begin with ceramics. While some leaders have already been recruited, parent volunteers are needed to assist with teaching the projects. You don't have to be an expert in any one field; just a basic background and a willingness to learn and work with kids is necessary. All volunteers are carefully screened and later recognized for their 4-H volunteer experiences.

The first organizational meeting for the club will take place on Tuesday, January 11 at 7 p.m. at Rowland Community Center. Families are invited to attend with prospective members. At least one adult per family must be in attendance. Refreshments will be served and volunteers will be introduced.

There is no cost to join. However, members will need to pay for their own project supplies when the programs begin. If needed, minimal dues may be charged later in the year to help finance special projects or field trips.

For more information, to volunteer, or to register for the club, please call Carol at (215)

663-0527 or Helaine Brown, extension 4-H agent, at (215) 489-4315.

4-H Capon, Turkey Roundups
The 1993 Wayne County 4-H Capon and Turkey Roundup was held recently at the Wayne County Cooperative Extension in Honesdale.

Renee Bannon, RR 1, Waymart and a member of the Cherry Ridge 4-H Club, was the exhibitor of the grand champion 4-H dressed capons. Renee's pair of 4-H dressed capons earned a score of 19.5 points out of a possible 20 points from the judge.

James Bannon, also of RR 1, Waymart and a member of the Cherry Ridge 4-H Club, was the exhibitor of the reserve grand champion 4-H dressed capons. Jim's pair of capons earned a score of 19 points from the judge.

George H. Schroeder, poultry breeder and judge from Prompton, placed all of the dressed capons and turkeys entered in these two 4-H roundups.

A complete listing of the results in the 4-H Capon Round-up is as follows:

Junior Division Champion and Blue Ribbon- James Bannon.

Reserve Junior Division Champion and Blue Ribbon- Dan Nebzydski, Pleasant Mount (Pleasant Mount Go-Getters 4-H Club) and Pete Nebzydski, Pleasant Mount (Pleasant Mount Go-Getters 4-H Club)- blue ribbon.

Intermediate Division Champion and Blue Ribbon- Renee Bannon.

Reserve Intermediate Division Champion and Blue Ribbon- Stephen Nebzydski, Pleasant Mount (Pleasant Mount Go-Getters 4-H Club) and Paul Rosengrant, Lake Ariel (Challengers 4-H Club) - blue ribbon.

Senior Division Champion and Blue Ribbon- Beth Nebzydski, Pleasant Mount (Pleasant Mount Go-Getters 4-H Club).

Reserve Senior Division Champion and

Blue Ribbon- Mark Nebzydski, Pleasant Mount (Pleasant Mount Go-Getters 4-H Club) and Chandra Swendsen, Milanville, (Calkins 4-H Ag Club)- blue ribbon.

Results of the 4-H Turkey Round-up were: **Grand Champion 4-H Dressed Turkey** was exhibited by James Bannon. The thirty pound turkey received 19.5 points out of a possible 20 points from the judge. Renee Bannon exhibited the **Reserve Grand Champion 4-H Dressed Turkey**. Her exhibit received 18.5 points out of a possible 20 points. Paul Rosengrant also exhibited a dressed turkey and received a blue ribbon for his entry.

Leader Awards At 4-H Achievement Night

Adult volunteer service to 4-H was recognized at the recent Bucks County 4-H Achievement Night program.

Adult leaders from the following clubs receiving the Award of the Silver Clover for five years of service were Seeing Eye Puppy 4-H Club: Jan Cote, Warminster; Carlton Schofield, Morrisville; and Jacqueline Smith, Blooming Glen. Springtown 4-H Club: Joyce Blanco, Riegelsville. Prairie Stompers Horse and Pony 4-H Club: Cathi Dougherty, Langhorne. Neshaminy Explorers 4-H Club: Barbara Gilbert, Doylestown. Bucks County 4-H Sheep Committee: Ken Poorman, New Britain.

Receiving the Award of the Pearl Clover for 15 years of service: Nina Pultorak, Warminster for participating in the Bucks County 4-H School Enrichment Program.

"The 4-H program could not exist without dedicated adult volunteers" said Kay Hastings, Bucks County extension director, when she presented the awards. The event, held at the Delaware Valley College, recognizes outstanding youth achievement and club community service.

For information about 4-H, call the county extension office, (215) 345-3283

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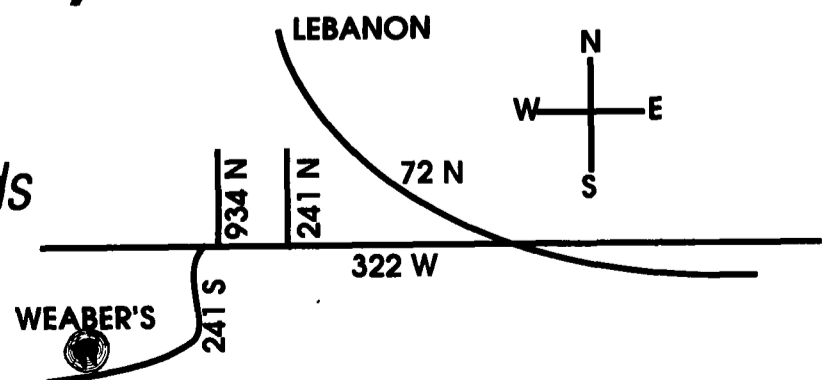
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