

**On being  
a farm wife  
- And other  
hazards**

**Joyce Bupp**



It's known as the Thanksgiving Turkey.

And what we have after the initial feast is over is not a platter rounded full of leftovers that threaten to overflow the refrigerator but a whole new kitchen full of menu potential.

My Mom is a master at utilizing the potential of all that food promise. Tossing out a turkey carcass is considered an unpardonable trespass and sinful waste of food.

I presume she learned that from her mother, who learned it from her mother, and on back. Indeed, it's not hard to visualize ancestral colonial mothers who snatched the wild turkey carcasses after that first Pilgrim feast and tossed them in a sooty kettle bubbling over an open-air fire to cook down into soup fixins'. Or maybe Pilgrim Pot Pie.

So beloved in our own farm household are turkey recyclings that, not only at the holidays but every several weeks, you can rise from sleep to the fragrance of a turkey that has roasted overnight in the oven. Except for the instance a few weeks ago, when I forgot to switch the oven on to "Bake" and at sunrise found a cold oven - and a still cold turkey.

Like the Thanksgiving Turkey, these everyday birds become recycled, rehashed, reused and refrozen in cooked, ready-to-use, assorted dishes, salads, sandwich makings, soup stocks and gravy bases. Likewise with chunks of hams, whole chickens as well as their parts, and beef and pork roasts cut with ongoing use in mind.

Leftovers? Indeed not.

Just think of it as the original Fast Food.

children's play clothing, you can find just the item you had in mind to recycle.

Whoever heard of a leftover car? But "used" cars are a backbone of the automobile sales industry. And in more politically correct lingo, they'll more likely be called "pre-owned." Come to think of it, my last car purchase was in fact a leftover; a new model unsold from the previous year and left over on the lot, when the newer models came out.

A recent food article I came across while flipping through a homemaking magazine encouraged busy cooks to not only use "leftovers," but to build long-term menu plans around them. It advised cooks juggling full-time jobs, childcare, community service and all the other stuff wives/mothers do to set aside one day or maybe one weekend each month to prepare huge amounts of food and freeze it. And then use all that prepared food (leftovers!) to preplan a couple of weeks-worth of hot, nutritious, meals.

C'mon, guys. We've been doing that for years.

"Leftovers" should be banned. The word. Not the food.

A negative meaning has attached itself to the term "leftovers" over the years. It implies something of infinitely lesser value than the original. In some cases, that's probably, as the kids would have said, a "true fact."

Actually, leftovers of some sort or another have been part of the upbringing of most of us from this thrifty, frugal part of the country, though there were often other terms used, depending on the commodity. Leftover clothes at our house were better known as "hand-me-downs," and taken for granted as part of the wearing apparel most of us wore at some time in our childhood days.

Today, leftover clothes have a new chic appeal as a sensible, more economical way to add garments to a wardrobe while not blowing the family fortune. Oodles of shops specializing in almost-new garments have sprung up, in locations as diverse as tiny, rural town store fronts to stylish, downtown boutiques. From fine wool suits, to worn jeans, to small

**Magic Holiday Meals**

CREAMERY (Montgomery Co.) — "Hello! This is Magic Turkey Take-Out Service. We deliver turkeys anywhere. Please leave your name address and order after the beep."

Is there such a service that will deliver a beautifully cooked holiday dinner including a fully cooked turkey and all the trimmings? Yes, but we have to phone or fax our order and sometimes we have to pick it up. Complete holiday dinners are available from restaurants caterers and supermarkets. It's the way families of the '90s are trying to have the traditional meal without the usual shopping and preparation.

But as with traditionally prepared holiday meals, the safety of the take-out meal depends on proper consumer handling of the prepared meal after it is picked up or delivered. Annette Goodling of Montgomery County Cooperative Extension offers the following safety tips for handling ready-to-serve holiday turkey dinners.

• **Hot From the Oven:** Pick up the food HOT and keep it HOT. Keeping the food warm is not good enough. Harmful bacteria multiply fastest between 40° F and 140° F. To keep the turkey hot set the oven temperature at 200° F or higher. The internal temperature of the turkey should be 140° F or above when measured with a meat thermometer. The stuffing and side dishes should also be kept HOT.

• **Handle Turkey Dinners Safely:** It's not a good idea to try and keep the foods HOT longer than two hours. If eating much later, the turkey and trimmings will be safer and taste better if you remove all the stuffing from the turkey cavity immediately and

refrigerate. Cut the turkey off the bone, slice the breast meat, the legs and wings may be left whole. Refrigerate the turkey meat, potatoes, gravy and vegetables in small, shallow containers.

• **Keep Cold Foods COLD:** Some turkey dinners are cold when you pick them up or when they're delivered. For turkey and trimmings which the establishment has refrigerated after cooking, refrigerate as soon as you get it home (always within 2 hours of pickup). Do not reheat the turkey whole. If you plan to reheat the cold turkey, carve and refrigerate it as described above.

• **Cooked Frozen Turkeys with the USDA Inspection Seal:** These turkeys have been processed under controlled conditions. Follow package directions for thawing, reheating and storing.

• **Storing Leftovers:** Perishable foods such as turkey and side dishes should not be out of the refrigerator for more than two hours. Store leftover cooked turkey and side dishes in the refrigerator at 40° F or below for 3 to 4 days; stuffing and gravy 1 to 2 days.

• **Reheating Cooked Dinners and Leftovers:** always reheat leftovers thoroughly to 165° F or until hot and steaming. Bring gravy to a rolling boil. In the microwave oven, cover food and rotate dish so it heats evenly.

For more information contact Montgomery County Cooperative Extension at (610) 489-4315 and ask for Annette Goodling. The USDA Meat and Poultry Hotline, 1-800-535-4555, is available weekdays 9:00 a.m. to 5:00 p.m. during the month of November. You can also call the hotline the weekend before Thanksgiving and even Thanksgiving day 8 to 2.

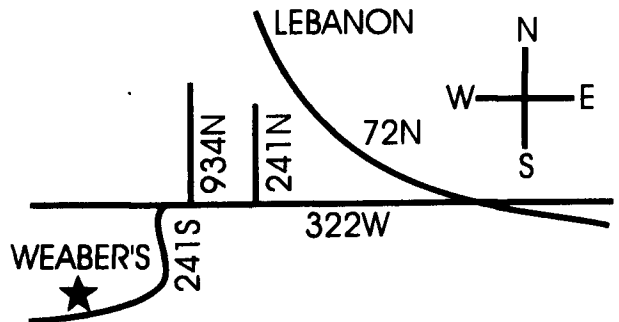
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**CHRISTMAS SALE SCHEDULE**

**Nov. 25 & 26** - Northlake Factory Rep. will be here Fri. 11/25 11am - 8 pm and Sat. 11/26 8am - 1 pm.

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**Nov. 26** - Chicken BBQ, Ham & Cheese Sand. & Bake Sale. 8am - ? Proceeds to benefit Annie King hospital bill.



\*Watch for Red Tag Sale Items in Store including lots of sneakers like LA Gear, Converse, Riddell, Rockport; also lots of Ladies dress & casual shoes; Plus on 2nd Floor - Buy 3 Pair + Get 1 Pair FREE. Any combination shoes or sneakers.

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