



JANUARY 2024

STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Science News

EXTENSION



Food Safety in a Power Outage

If there's one thing Oklahomans know about it is dicey weather that can cause power outages. There's something else Oklahomans know about ... the importance of being prepared. As we come into the season of freezing weather and possible ice storms that can render entire towns without electricity, Christi Evans, Oklahoma State University Extension assistant food safety specialist, has some tips for both before and during an outage.

"As in most circumstances, being prepared ahead of time is important. Consumers who don't have an appliance thermometer in both the refrigerator and the freezer should purchase them now," Evans said. "Refrigerators should run at 40 degrees Fahrenheit or below, while the freezer should be set at 0 degrees Fahrenheit or below. Knowing and monitoring the temperature in the refrigerator and freezer will help determine if food is safe after the power goes out."

No matter what news channel Oklahomans watch, the weather professionals on the local news will keep residents informed with up-to-date severe weather forecasts. In the event of severe weather, Evans suggests checking the refrigerator to see if any items such as meat, poultry or leftovers can be moved to the freezer. Frozen foods will keep longer when the power goes out.

It's a good idea to have ice and ice packs on hand which may be useful later on to help keep foods cold.

"Consumers can make their own ice containers by repurposing empty water or milk jugs by filling them with water and freezing," she said. "These containers can be stored in the freezer to fill space. This will help keep foods safe longer during a power outage. They can also be used in coolers to keep foods cold."

When the power goes out, try to keep the refrigerator and freezer doors shut to maintain the cold temperature inside. If a refrigerator remains closed, it will keep foods at the proper temperature for about four hours. Evans said if the outage is prolonged, refrigerated foods such as meat, eggs, milk, poultry, fish, soft cheeses, salads made with mayonnaise, cooked pasta and other leftovers should be discarded.

Foods in a full freezer should stay safe for up to 48 hours. The time limit is 24 hours for a half-full freezer.

"Be sure to check the appliance thermometer in the freezer. If the food is at 40 degrees Fahrenheit or below or has ice crystals, the food can be refrozen or thawed and cooked," she said. "Check each package of food individually. Any foods that have an unusual odor, color or texture should be discarded. Never taste food to determine if it's safe."

A good rule of thumb to follow is if perishable foods have been kept at 40 degrees Fahrenheit or above for two or more hours, they should be discarded. Evans said this timeframe is cut to an hour when the temperatures are above 90 degrees Fahrenheit.

"Whether it's during a power outage or not, it is important to always wash your hands before handling foods," Evans said. "Foods such as meat, poultry, fish and eggs must be cooked to a safe minimum temperature to help ensure food safety."

Beaver County Extension Office

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Facebook: Beaver County
OSU Extension

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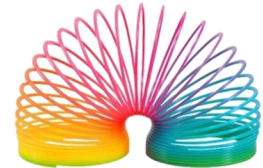
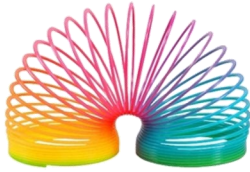
JOIN OHCE.

Anyone interested in joining can contact the Beaver County Extension Office.





West District OHCE Meeting (North Region) “Spring into Service with OHCE”



Host Counties: Beaver, Harper, and Texas

SATURDAY
MARCH 23, 2024

LAVERNE HIGH SCHOOL
605 JAYNE JAYROE BLVD.

MEETING REGISTRATION: \$25 DUE BY MARCH 1, 2024
LATE REGISTRATION: \$30 - NO LUNCH GUARANTEED

SEND TO:

TYPE YOUR LOCAL TREASURER’S INFO HERE

SATURDAY— MARCH 23RD — 8:30 A.M. HIGHLIGHTS

- ◆ Registration/Refreshments
- ◆ Business Meeting/Awards
- ◆ State OHCE Business Report
- ◆ State Conference Update
- ◆ President’s Message
- ◆ Numerous OHCE State Committee Sessions in the morning
- ◆ Door Prize Winners Announced

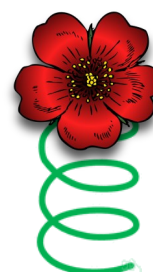
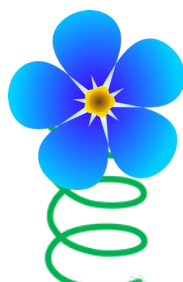
WORKSHOPS

- ◆ Parliamentary Procedure Trail Mix
- ◆ Collective Roots & the Incubator Kitchen
- ◆ Coping Skills Card Game
- ◆ Easy Care Houseplants
- ◆ Line Dancing
- ◆ Book Page Flowers
- ◆ Let’s Make Bread!
- ◆ Sock Easter Bunnies

DESIGNATED CONFERENCE HOTELS

\$99 + TAX/ NIGHT
CLOVER INN
201 W. JAYNE JAYROE BLVD.
LAVERNE, OK
(580) 727-1528—ROOM BLOCK: OHCE
**RESERVE YOUR ROOM BY
FEBRUARY 29, 2024**

\$94 SINGLE/ NIGHT
CANDLEWOOD SUITES
3350 OKLAHOMA AVE.
WOODWARD, OK
(580) 254-5200—ROOM BLOCK: OHCE
**RESERVE YOUR ROOM BY
FEBRUARY 29, 2024**



BEAVER OHCE Members SPRING INTO SERVICE



Beaver County OHCE Members are co-hosts for the 2024 District Meeting. This is the first time to have the meeting in Laverne. As co-hosts, you'll have several duties before and during the event. So please put the dates on your calendar and plan to make this a great experience. Plan to get there early. Set-up is on March 22; Meeting is March 23.

Please be acquiring items that can be added to each participant's goodie bag. Goodie bags help make the experience memorable! We are planning filling 130 bags with items from all of the host counties' finds. Our required 5 Door Prizes have been acquired for the District Meeting.

If you have a workshop you are willing to present and haven't contacted the Extension Office, PLEASE do so ASAP. There is a Speaker's sheet that needs completed and returned to the District Office before Feb. 14th.



Invite your spouse or friends to attend!
OHCE Membership is OPEN to All



Beaver County

2024 OHCE LESSONS

- January Butter Boards
- February Exercise for Better Balance
- March Raised Bed Gardening
- April History of Buttons
- May Cooking with Cast Iron
- June Easy Refrigerator Pies
- July Feed Sacks in American Culture
- August No Lesson-Fair Preparations
- September Paper Crafts
- October Grace under Pressure
- November Downsizing: What to Keep/Toss
- December No Lesson—Happy Holidays

Education Everywhere for Everyone

POTATOES, SPUDS, or TATERS

Is It Dangerous to Eat Green Potatoes?



Peeled Potatoes with and without green peelings. Image Source: Liz's Kitchen

I recently had a conversation with a man who said you shouldn't eat a green potato—to throw it all away. Here's the myth buster facts.

According to the University of Idaho Cooperative Extension Service, "Potato tubers are specialized stems of a potato plant, and tubers that are exposed to light, will naturally turn green. The green is nothing more than chlorophyll, a harmless compound found in all green plants. Consequently, it is important to store potatoes in the absence of light to prevent greening.

However, when potato tubers turn green there is usually an increase in a glycoalkoloid compound called *solanine*. Tubers with a high concentration of solanine will taste bitter, and can be harmful if eaten in large quantities. To be safe, it is best to not eat the green part of tubers. ***You do not need to discard green potatoes. Just peel the skins, shoots and any green color; that is where the solanines concentrate.***¹ (It's recommended to not eat potatoes that taste bitter.)

How to Select Potatoes: Choose firm potatoes with smooth skin. Avoid potatoes with splits, mold, sprouts, soft spots, bad smell or a green color.²

How to Store Potatoes: Store unwashed potatoes in a cool, dark, and well-ventilated place. Use within 3-5 weeks. If potatoes have dirt on them, wipe off with a clean dry towel before storing.²

Sources:

¹ <https://ask.usda.gov/s/article/Are-green-potatoes-dangerous#:~:text=To%20be%20safe%2C%20it%20is,meat%2C%20poultry%20and%20egg%20products>.

² <https://food.unl.edu/article/potatoes>

"I love potatoes—they're my favorite food."
~Trisha Yearwood

Winter Ratatouille

- 2 winter squash, such as acorn, carnival or delicata, seeded and cut into 3/4-inch pieces
- 6 baby waxy potatoes, such as new or blue, cut into 3/4-inch pieces
- 1 sweet potato, cut into 3/4-inch pieces
- 3 tablespoons olive oil
- Kosher salt and freshly ground black pepper
- 1 small onion, chopped
- 2 garlic cloves, finely chopped
- 1 teaspoon finely chopped fresh rosemary
- One 15-ounce can diced tomatoes

1. Preheat the oven to 425 degrees F.
2. Toss the squash and potatoes with 2 tablespoons of the oil, salt and pepper. Spread in a single layer on a large rimmed baking pan and roast, stirring once or twice, until tender and golden brown in spots, 15 to 20 minutes.
3. Meanwhile, heat the remaining tablespoon oil in a medium pot over medium-high heat. Add the onion, garlic, rosemary and a pinch of salt and cook, stirring, until softened, about 8 minutes. Add the tomatoes and roasted vegetables and simmer until slightly thickened and the flavors have blended, about 10 minutes. Transfer to a serving bowl.

1/4 recipe Serving Size. Nutritional Analysis

309 Calories, 11 g Fat, 2 g Sat. Fat, 53 g Carbohydrates, 9 g Fiber, 6 g Sugar, 6 g Protein, 0 Cholesterol, 1122 mg Sodium



Recipe Source: <https://www.foodnetwork.com/recipes/trisha-yearwood/winter-ratatouille-5533961>



Beaver County Extension Office
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 Beaver, OK 73932

OHCE NEWS

MARCH 7, 2024 SPRING COUNCIL

Beaver County Council will meet at 9:30am in the Extension Office. Highlights of the meeting include committee reports, membership recognition, and discussion of members' duties as Co-Hosts of the West District OHCE Meeting.

Please let me know if there are corrections in the Yearbook or clarifications of Fair Exhibits that need to be addressed at council.



OHCE Reports and Awards must be postmarked Feb 1st. Nominate someone from your club for:

- ◇ OHCE Member Award
- ◇ Heart of OHCE
- ◇ Rookie Member

DATES

- ◆ Exercise for Better Balance is ready. *I can lead members through Tai Chi and other easy exercises at meetings if needed. *Liz
- ◆ **FEB 26**.....District Registration Due to Carol Cole
- ◆ **FEB 22**.....Raised Bed Gardening-Loren Sizelove will present this at Noon in the Extension Office. Bring a friend and a lunch if you wish.
- ◆ **MARCH 5**.....OK Presidential Preference Primary 7a-7p
- ◆ **MARCH 7**.....Beaver County Spring Council 9:30am @ Extension Office
- ◆ **MARCH 22**.....Set-up NW District OHCE Council @ LHS
- ◆ **MARCH 23**.....District Council @ Laverne High School; Details on page 2.

Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best. www.OHCE.okstate.edu



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"Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Liz Gardner McBee, elizabeth.mcbee@okstate.edu at least two weeks prior to the event."