



# EXTENSION

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## STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News

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### Keep food safety on the menu this holiday season

It's the time of year when ingredients for treasured family recipes top the shopping list, table decorations come out of the cabinet and great-grandma's china set adorns the table. These preparations are in anticipation of a memorable holiday meal shared with family and friends.

While ensuring everything has a festive flair, don't forget about food safety, said [Christi Evans, Oklahoma State University Extension](#) food safety specialist.

"For most families, turkey is the star of the meal," she said. "No matter what your secret is for a succulent and tasty main dish, proper handling of the turkey – from shopping, storing, thawing and cooking – must be a priority."

One key is to plan ahead. If purchasing a frozen turkey, remember it will take time to thaw. Evans suggests the following thawing methods to ensure food safety.

- Refrigerator thawing is the safest and most recommended thawing method, as it allows the bird to defrost slowly and evenly. Count on 24 hours for every 4-5 pounds of turkey. For example, a 15-pound bird will take three to four days to thaw completely. It can then be stored for an additional one or two days before cooking.
- Cold-water thawing is a faster option than refrigerator thawing. Submerge the turkey in cold water. Allow 30 minutes per pound. To ensure the turkey stays at a safe temperature, change the water every 30 minutes. Once thawed, cook the turkey immediately.
- Microwave thawing is less common since most turkeys are larger than the microwave, but it can be done with smaller turkeys. Use the defrost setting and follow the manufacturer's instructions. Cook the turkey right away after thawing.

As the meal is being prepared, use a food thermometer to ensure all foods reach proper internal temperatures. Cook the turkey to an internal temperature of at least 165 F.

"One of the best things about a big Thanksgiving meal is all the great leftovers," Evans said. "Although everyone may want to catch a quick nap after the meal, refrigerate the leftovers within two hours of serving," she said. "It's best to divide large amounts into smaller, shallow containers, which allows foods to cool more quickly."

When reheating leftovers, most foods need to be reheated to at least 165 F. OSU Extension offers additional food safety information in fact sheet [L-474 Keep food safe](#).

Even though the turkey may be the star of the show, pies are another holiday favorite. Food safety protocols are essential because many pies contain eggs or dairy. Some homemade pies contain milk, cream cheese, cheese or eggs and should be kept refrigerated. These pies are high in protein and moisture content, which provides a desirable environment for bacterial growth at room temperature.

Evans said fruit pies typically contain enough sugar and acid that they don't need to be kept refrigerated, although refrigerating them can extend their shelf life.

"With some planning and a few simple precautions, everyone can enjoy a delicious and safe Thanksgiving meal," she said

# **Pumpkin Roll for the Holidays**

## **Equipment**

Parchement Paper, Baking Sheet and Whisk

## **Ingredients**

¾ cup – all purpose flour  
½ teaspoon – salt  
1 teaspoon – baking soda  
1 teaspoon – ground cinnamon  
1 cup – granulated sugar  
3 – large eggs  
⅔ cup – canned pumpkin  
1 teaspoon – vanilla extract

## **For Filling**

8 ounces – cream cheese, softened  
2 tablespoons – butter, softened  
1 teaspoon – vanilla extract  
1 cup – powdered sugar



## **Instructions**

Preheat oven to 350 degrees F.

**Prep Pan:** Lightly grease a jelly roll pan (10 x 15") with nonstick cooking spray. Place parchment paper on top so it sticks, leaving an extra inch of parchment sticking up on both long sides of the pan so that you can easily lift the cake out after baking. Lightly grease the parchment paper.

**Dry ingredients:** In a large bowl, whisk together the flour, salt, baking soda, cinnamon and pumpkin pie spice.

**Wet Ingredients:** In a separate bowl, mix the eggs, sugar, vanilla and pumpkin until smooth.

**Combine:** Add dry ingredients to the bowl and stir just until combined and no dry streaks remain. Spread the batter evenly in the prepared pan.

**Bake** for 12-15 minutes until a toothpick inserted in the center comes out clean. Every oven is different, so watch it closely.

**Roll:** Immediately lift the parchment paper and hot cake out of the pan and onto a flat (heat-safe) surface. While the cake is hot, starting at a short end, gently and slowly roll the cake (and parchment paper!) all the way up. Allow it to cool completely, on top of a wire cooling rack. (This allows it to cool underneath the roll, and keeps the cake from sweating).

**Frosting:** While the cake roll is cooling, mix the cream cheese, butter, vanilla, and powdered sugar together with an electric mixer until it is fluffy and smooth. Once the cake roll is cooled completely, unroll it very carefully. Gently smooth the filling in an even layer over the cake, leaving a 1-inch border.

**Roll up** the frosted cake without the parchment paper. Cover with plastic wrap and refrigerate for at least 1 hour, before serving.

**Serve:** Dust the top with powdered sugar, if desired. Cut into slices and serve.

## **Nutrition**

Calories: 360kcal Carbohydrates: 53g Protein: 6g Fat: 15g Saturated Fat: 8g Polyunsaturated Fat: 1g Monounsaturated Fat: 4g Trans Fat: 0.1g Cholesterol: 106mg Sodium: 350mg Potassium: 124mg Fiber: 1g Sugar: 42g Vitamin A: 3749IU Vitamin C: 1mg Calcium: 51mg Iron: 1mg

<https://tastesbetterfromscratch.com/classic-pumpkin-roll/>



## Cream Cheese Dip



<https://messyjoyfuljourney.com/easy-cream-cheese-dip/>

The perfect touch for a charcuterie board or a holiday appetizer!

### Ingredients:

- ◆ 1 Block of Cream Cheese
- ◆ Apricot Jam (or Jam of your liking)
- ◆ Wheat Thins (or Crackers of your choice)

1. Then you just pour the jam on top of the cream cheese and enjoy!

### Nutrition:

Calories: 201kcal Carbohydrates: 36g Protein: 2g  
Fat: 6g Saturated Fat: 1g Polyunsaturated Fat: 0.001g  
Monosaturated Fat: 0.01g Cholesterol: 0.1mg  
Sodium: 266mg Potassium: 14mg Fiber: 2g Sugar: 12g  
Vitamin A: 38IU Vitamin C: 2mg Calcium: 25mg Iron: 1mg



## Cranberry Sauce



[https://www.simplyrecipes.com/recipes/cranberry\\_sauce/](https://www.simplyrecipes.com/recipes/cranberry_sauce/)

Have it on your turkey or just as a side!

### Ingredients:

- ◆ 1 cup sugar
- ◆ 1 cup water
- ◆ 4 cups fresh or frozen cranberries

Optional: pecans, orange zest, raisins, currants, blueberries, cinnamon, nutmeg, allspice

1. Rinse the cranberries.
2. Boil the water with sugar.
3. Add cranberries, cook until they burst.
4. Stir in the mix-ins, if using and Cool.

### Nutrition:

Calories: 103 Total Fat: 0g Saturated Fat: 0g  
Cholesterol: 0mg Sodium: 2mg Total Carbohydrate: 27g  
Dietary Fiber: 1g Total Sugars: 24g Protein: 0g  
Vitamin C: 5mg Calcium: 4mg Iron: 0mg Potassium: 31mg



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**Thank you for Judging the 4-H Food Show & Pumpkin Contest!**

- ✿ Barbara Marshall
- ✿ Jane Coleman
- ✿ Lori Elfers

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**DATES TO REMEMBER.**

**Office Closed for Veteran's Day  
– November 11**

**Office Closed for Thanksgiving  
– November 27-28**

**Office Closed for Christmas  
– December 24 - January 2**

Newsletter Editor:

*Tala Winkler*

Tala Winkler

Extension Educator,  
Family & Consumer Sciences and 4-H

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"Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Loren Sizelove or Tala Winkler at 580-625-3464 or [loren.sizelove@okstat.edu](mailto:loren.sizelove@okstat.edu) or [tala.winkler@okstate.edu](mailto:tala.winkler@okstate.edu) at least two weeks prior to the event."