

Your county  
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UW  
**Extension**  
Cooperative Extension  
Clark County

November 2011



## Young Families Newsletter

<i>In this issue</i>	<i>Page</i>
Helping Your Child Become a Reader	2
Becoming a Love & Logic Parent	3
Proficient Parenting	
Budgeting Workshop Clark Co American Red Cross Bloodmobile Tea at Tuft's	4
Immunization Clinic November WIC Schedule Seasonal Flu Clinic	5
Turkey Time	6-7
Fruit & Herb of the Month Cranberries/Thyme	8
From Orchard to Table, via Canning, Drying & Freezing	9
Wanted: New HCE Members in Clark County	10

Dear Young Family:

Lately I've been noticing a few more advertisements and commercials on television along with numerous sale catalogs in the mail. Can you guess what the ads are for? Toys and other child-friendly enticing gifts! It's that time of year and toy companies are trying to advertise the latest and greatest gifts for your little ones.

Although the latest and greatest toys look fun and exciting on television or in a colorful catalog, they aren't always the best toys for your developing child. They are often times expensive, have a lot of buttons, small pieces or the toys don't allow your child to "use" their imagination. These toys are often fun and exciting at first, but are often the ones stuck at the bottom of the toy box or in the trash after just a few days of use.

This holiday season look a little closer at your child's age, interests and where they are at developmentally. Try to pick toys that have several uses and encourage your child to use their imagination. Toys such as wooden blocks and balls have several uses and your child will be able to use them in several ways. Art supplies, 3-D materials and paper also make a great give and promote creativity. Books and puzzles are always a wonderful gift for any child at any age.

There are a lot of great toys to choose from, this holiday season take into consideration which toys will give your child the longest amount of enjoyment without breaking the bank and ending up in the trash.

Sincerely,

Julie Simek-Heggebo  
Family Living Agent

### Young Families Newsletter

A free newsletter edited by  
Julie Simek-Heggebo  
Family Living Agent  
julie.simek@ces.uwex.edu

# HELPING YOUR CHILD BECOME A READER

## 3-4 MONTHS OLD

- ⇒ Babies come into this world ready to learn language skills. By three months of age your child is already making different sounds and experimenting with language such as “Ahhh” and “Oooh.”
- ⇒ Babies learn language through their everyday play and routines. Parent’s need to talk to their baby during play and typical daily routines to encourage language development. Parent’s are a baby’s first teacher and parents who talk more to their babies have babies that talk more and learn language skills quicker.
- ⇒ When parents, siblings or other family members speak to babies they naturally raise the pitch of their voice, speak slowly, use simple phrases and repeat words. This is called “child-directed speech.” Research shows that babies prefer “child directed speech.” Speaking this way comes naturally to most parents and it allows your baby to learn language skills quicker.
- ⇒ Talk often with your baby about whatever you are doing. During diaper changes, a car ride, bath time and while fixing dinner.
- ⇒ Let baby know you hear him/her. Respond to their coos and gurgles as if their starting a conversation. Responding to your babies sounds lets baby know your interested in what they have to say even if their not real words.



as “babababa” and mamamama.” Even though these sound like real words there not because they do not refer to specific people or things. It’s just your baby experimenting with language.

- ⇒ Oral language skills lay the foundation for later reading skills. Imitating or repeating sounds your baby makes encourage these oral language skills and allows your baby to practice language.
- ⇒ Babies practice vocalizing and language skills more when parents play with them. Lying on the ground and playing with toys, repeating words and pointing to things while you name them will help encourage your baby to vocalize more. Reading to your baby allows your baby to learn new words.

## 9-10 MONTHS OLD

- ⇒ Even though your baby isn’t talking yet, he or she is understanding some common words such as “bye-bye,” “dada” and “mama.” Understanding the meaning of words is called receptive language. By about 10 months of age babies understand about 18 words. Your baby will also start to use intentional communication by using gestures and sounds to communicate with people.
- ⇒ For example, your baby may point at the milk and make a noise which means, “give me some milk.” Your baby is also learning language when you talk with him or her during the daily routine and activities. Such as giving him or her a bath or going to the grocery store. Your baby is learning and experiencing new words during these times you spend together.

## 6-7 MONTHS OLD

- ⇒ At about six months of age your baby will start to babble and making long sound combinations such



# BECOMING A LOVE AND LOGIC PARENT

Becoming a Love and Logic Parent will be held on Monday evenings, November 7, 14 & 21 from 5:30 to 7:30 p.m. All sessions will be held at the Clark County Courthouse Auditorium.

This three-week course helps parents and children establish a rewarding relationship built upon love and trust. Topics include:

- Responsibility
- Control
- Ownership
- Setting limits
- Empathy
- Consequences



The material covered is appropriate for parents, grandparents and care providers of children age birth to 18 years.

## “PROFICIENT PARENTING” PARENTING SERIES

The “Proficient Parenting” series will be held on the following Monday evenings:

- November 28  
“Ag Appropriate Discipline”
- December 19  
“Family Roles & Systems”

All of these programs will be held at the Central Clark County Community Child Care Center (7 C’s) on Depot Street, Greenwood, Wisconsin from 6-8 pm.

**Plan on attending all three sessions.**

Cost of this class is \$10.00 for the workbook. If interested in attending, please contact the Clark County UW-Extension office at 715-743-5121. Pre-registration is required.

*Sponsored by:  
Clark County UW-Extension and  
Clark County Family Resource Center*

**Instructor:**  
**Julie Simek-Heggebo, UW-Extension,  
Family Living Agent**  
**julie.simek-heggebo@co.clark.wi.us**



Classes are free to the public and include free child care. Pre-registration is required one week in advance. For more information or to register contact:

Julie Simek-Heggebo  
Family Living Agent  
517 Court St Room 104  
Neillsville WI 54456  
715-743-5121

### THE GIFT OF HOSPICE AN UMBRELLA OF CARE

A CELEBRATION OF HOSPICE  
**Thursday, November 3, 5-7 PM**  
**Holiday Inn, 750 South Central Ave, Marshfield**

This event is a fundraiser for hospice. Featuring Grammy-nominated songwriter and singer *Karen Taylor-Good*. There is no charge to attend, but advance tickets are required for admission. Call 800-397-4216.

# BUDGETING WORKSHOP

This budgeting workshop will be held on Wednesday, November 2 at the Clark County Courthouse Auditorium, Neillsville from 1:00—3:00 PM. You will learn the basics of budgeting through this workshop.

Highlights of the workshop will include:

- Basic Budgeting
- Types of Insurance
- Spending Plan
- Debt repayment
- Credit Score



For more information or to register contact the Clark County UW-Extension office or Julie Simek-Heggebo, Family Living Agent at 715-743-5121.

# CLARK COUNTY AMERICAN RED CROSS BLOODMOBILE

The need is constant.  
The gratification is instant.  
Give Blood!

Monday, October 31  
American Legion Post 73  
6 Boon Blvd  
Neillsville  
11 AM—6 PM

Tuesday, November 22  
Loyal American Legion  
12:30 — 5:30 PM



7th Annual

## TEA AT TUFT'S

SUNDAY, JANUARY 29, 2012

TUFT'S MANSION, NEILLSVILLE

A photograph of a traditional, ornate, multi-colored samovar on a table next to a small teacup and saucer.

Cost \$20 per person

Two Seatings 11 AM & 2:30 PM

~ Limited Seating ~

For reservations call Theresa

715-743-5121

# CLARK COUNTY HEALTH DEPARTMENT IMMUNIZATION CLINIC SCHEDULE

Attention!!! The Abbotsford immunization clinic at the Abbotsford City Hall, 1<sup>st</sup> Thursday of every month from 5:30 to 6:30 pm, **will be discontinued effective January 2012**. The CCHD **will** still be having the immunization clinic at the Abbotsford City Hall on October 06, 2011, November 03, 2011, and December 01, 2011. Our other immunization clinic location/dates/times are as follows:

**Location: Owen-Clark County Health Care Center-Auditorium (Visitor's Entrance)**

Time: 5:30-6:30 pm

When: 3<sup>rd</sup> Monday of every month

**Location: Greenwood-Greenwood Fire Hall**

Time: 5:30-6:30 pm

When: 1<sup>st</sup> Wednesday of every other month (January, March, May, July, September, & November)

**Location: Neillsville-Courthouse-Clark County Health Department-1<sup>st</sup> floor North Side RM 105**

Time: 2:30-4:00 pm

When: Every Monday

## NOVEMBER WIC SCHEDULE

Nov 1 Neillsville Clinic & check pick-up 9-4  
 Nov 2 Neillsville Clinic 9-4  
 Nov 8 Abbotsford Clinic 9-4  
 Nov 9 Abbotsford Clinic & check pick-up 9-4  
 Nov 10 Neillsville Clinic & late check pick-up 9-4  
 Nov 14 Owen Clinic & check pick-up 9-4  
 Nov 17 Thorp Clinic & check pick-up 9-4  
 Nov 18 Owen Clinic & late check pick-up 9-12  
 Nov 23 Abbotsford Clinic & late check pick-up 9-4



## 2011-2012 SEASONAL FLU CLINIC

It is that time of year again. Flu Season!! Get your influenza vaccine and stay healthy!!

- November 2, 2011(Wed.) - 4:00-6:30: Greenwood Fire Hall
- November 3, 2011(Thurs.) - 4:00-6:30: Abbotsford City Hall
- November 21, 2011(Mon.) - 4:00-6:30: Owen- Clark County Health Care Center

Flu vaccines are free for children under 19 years of age. The Clark County Health Department will bill Security Health Plan, Medicaid/Badger care, Medicare Part B, Advocare, and Humana insurance plans for adults whom wish to receive the flu vaccine. Please bring your insurance cards to the clinic. Private pay is \$25.00.



Clark County Health Department  
 517 Court Street RM 105  
 Neillsville, WI 54456

# TURKEY TIME

## THAW

Keep turkey cold while thawing. Use one of these methods:

1. No hurry: Thaw in refrigerator. Leave turkey in original wrapping; place on tray and put in refrigerator. Allow to thaw for 3-4 days; allowing about 5 hours per pound of turkey to completely thaw.
2. Fast thaw: Thaw in cold water. Leave turkey in original wrapping. Cover with cold water in large clean sink. Change water as often as needed to keep cold. It takes about a half an hour for each pound of turkey to thaw.

Never thaw a turkey on the kitchen counter! Parts of the turkey could become warm enough for bacteria to grow to dangerous levels.

## PREPARE TO COOK

Raw turkey may have bacteria on it. Wash your hands, sinks, counters, knives and dishes with soap and hot water after working with raw turkey. Keep raw turkey and its



juices away from cooked and ready-to-eat food.

Follow these steps to prepare a turkey for cooking:

1. Remove wrapper from the turkey. Remove the bag of giblets from inside the turkey.
2. Cut off large pieces of fat.
3. If a meat thermometer is not available, cook stuffing in a casserole. If you are putting stuffing in the turkey, stuff it loosely just before putting the turkey in the oven.

## USING COOKED TURKEY

For delicious and safe turkey:

- Keep turkey meat hot or cold. Do not leave turkey meat at room temperature for more than 2 hours because bacteria can grow to dangerous levels.
- If stuffing was cooked inside the turkey, remove all stuffing from inside the turkey immediately after cooking. Keep stuffing hot or cold. Do not let it stand at room temperature for more than 2 hours.
- Remove cooked turkey from the bones and store in the refrigerator in a covered container. Use refrigerated turkey meat within 3 to 4 days. Cooked turkey can also be frozen.
- Make a broth from turkey bones and scraps. Place bones and scraps in a large pot and cover with water. Bring to boil; simmer for about 3 hours. Remove bones and refrigerate broth. When broth is cold, skim fat off the top and throw it away. Use broth for soup. Freeze broth if not used within 3 days.
- Cooked turkey can be used in any recipe that calls for cooked chicken. Cooked turkey can also be used in many recipes calling for ground beef or other meats.

# TURKEY TIME (CONTINUED)

## COOKING THE TURKEY

The turkey can be roasted in the oven or cooked in water on the stove. **Never partially cook a turkey and finish cooking later.** Use one of the following cooking methods.

### In the oven:

1. Preheat oven to 325°
2. Place turkey breast-side up in a large pan
3. Timetable for roasting:

Weight of Turkey (pounds)	Roasting time in hours	
	Unstuffed	Stuffed
8 to 12	2-3/4 to 3	3 to 3-1/2
12 to 14	3 to 3-3/4	3-1/2 to 4
14 to 18	3-3/4 to 4-1/4	4 to 4-1/4
18 to 20	4-1/4 to 4-1/2	4-1/4 to 4-3/4
20 to 24	4-1/2 to 5	4-3/4 to 5-1/4

**Test for doneness:** Poke the thigh muscle with a fork. Juices will be clear and no longer pink when the turkey is done. If you have a meat thermometer, place it in the thickest part of the thigh and cook the turkey until the temperature of the meat reaches 180-185°F. The temperature in the center of the stuffing should reach 165°F.

### On the stove top:

1. Cut turkey into pieces and place in a large pot.
2. Cover with water.
3. Bring to a boil.
4. Turn down heat and simmer at a low temperature until meat is done.

## Turkey Recipes

### Turkey Pinwheel Appetizers

#### Ingredients:

- 1 container (8 oz) each garlic and herb cream cheese, low fat
- 6 each 8 inch flour tortillas
- 6 slices each turkey
- 3 each small Roma tomatoes, chopped
- 3 cups fresh baby spinach leaves

#### Instructions:

1. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10-15 seconds to soften.
2. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly; then wrap in plastic wrap. Refrigerate 2-3 hours to blend flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate.

### Vegetable and Turkey Stir Fry

#### Ingredients

- 1 Tablespoon vegetable oil
- 1/2 teaspoon salt
- 2 each thin slices ginger root, minced
- 1 each peeled and minced garlic clove
- 1—2 cups turkey, cooked, cut into 1/2 inch cubes
- 1/2 teaspoon sugar
- 1 pound chopped vegetables, fresh or frozen
- water (optional)

#### Instructions:

1. Heat fry pan. Add oil and heat on high temperature.
2. Add ginger, garlic, turkey, and vegetables. Stir fry about 1 minute to coat with oil.
3. Adjust heat to prevent scorching. Add sugar. If vegetables are tender, stop cooking at this time.
4. If the vegetables are firm, add 1-2 tablespoons of water, cover and cook for 2 minutes or until tender.
5. Serve at once, or if you wish to add a gravy.
6. Mix the gravy ingredients well, pour over vegetables and turkey, cook for 30 seconds.
7. Refrigerate leftovers within 2 hours.

# FRUIT & HERB OF THE MONTH

## *Cranberries*

A cousin of the blueberry, cranberries are a native species to Wisconsin. Commercial cranberry production in Wisconsin began near Berlin in about 1860. Early marshes were developed simply by digging ditches around stands of native vines and encouraging their growth.



American Indians enjoyed cranberries cooked and sweetened with honey or maple syrup—a cranberry sauce recipe that was likely a treat at early New England Thanksgiving feasts. By the beginning of the 18th century, the tart red berries were already being exported to England by the colonists. Cranberries were also used by the Indians decoratively, as a source of red dye, and medicinally, as a poultice for wounds since not only do their astringent tannins contract tissues and help stop bleeding, but we now also know that compounds in cranberries have antibiotic effects.

Fresh cranberries, which contain the highest levels of beneficial nutrients, are at their peak from October through December, just in time to add their festive hue, tart tangy flavor and numerous health protective effects to your holiday meals. When cranberries' short fresh season is past, rely on cranberry juice and dried or frozen cranberries to help make every day throughout the year a holiday from disease.

Fresh cranberries can be stored in the refrigerator for several months. Before storing, discard any soft, discolored, pitted or shriveled fruits. When removed from the refrigerator, cranberries may look damp, but such moistness does not indicate spoilage, unless the berries are discolored or feel sticky, leathery or tough. Once frozen, cranberries keep a long time. To freeze, spread fresh cranberries out on a cookie sheet and place in the freezer. In a couple of hours, the fully frozen berries will be ready to transfer to a freezer bag. Don't forget to date the bag before returning to the freezer. Once thawed, frozen berries will be quite soft and should be used immediately. Dried cranberries are sold in many groceries and may be found with other dried fruits.

While not as fragile as blueberries, fresh cranberries should be treated with care. Just prior to use, place cranberries in a strainer and briefly and gently rinse under cool running water. When using frozen berries in recipes that do not require cooking, thaw well and drain prior to using. For cooked recipes, use unthawed berries since this will ensure maximum flavor. Extend the cooking time a few minutes to accommodate for the frozen berries.

## *Thyme*

There are about 50 different species of thyme and there are probably just as many ways to use it from landscape accent to soothing tea to cooking spice. The thyme herb is a small aromatic evergreen shrub. It has a strong pungent flavor that is best used with restraint. Thyme blends with most foods and is often used to flavor meats, soups and stews. This little herb will add pep to most soups, casseroles and especially breads. Put dried herbs on pizza or in the pizza base. Add one teaspoon per recipe for bread, rolls or biscuits. Thyme can be used in just about all meat recipes.

### Turkey and Cranberry Stew

- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1 large carrot, cut into bite-size pieces
- 1 rib celery, cut into thin slices
- 1 parsnip, peeled and cut into bite-size pieces (optional)
- 1 medium sweet potato or yam, peeled and cut in half, then into bite-size pieces
- 1 bay leaf
- 1 teaspoon dried thyme
- 2 cups non-fat, reduced-sodium turkey or chicken stock, divided
- 1 sweet, juicy apple, peeled, cored and cut into bite-size pieces
- 1 cup frozen (and defrosted) cranberries or canned whole cranberries, rinsed and drained
- 3 cups diced cooked turkey
- Salt and freshly ground black pepper, to taste\*

In a deep pan or skillet, heat the oil over MEDIUM-HIGH heat. Sauté the onion until it softens, about 4 minutes. Add the carrot, celery, parsnip (if using) and sweet potato. Lower heat to MEDIUM and, stirring frequently, sauté until the vegetables become lightly browned. Add the bay leaf, thyme and 1 cup of stock. Lower heat to a simmer and cook until the vegetables are almost tender, about 10 minutes or less. Stir in the apple and cranberries, if using the frozen kind. If the mixture seems dry, add enough additional stock to cook the fruit. Gently simmer until the apple has softened and the cranberries are tender, about 5 minutes. If using canned cranberries, add them after the apple has softened, along with the turkey. Heat through for a few more minutes, until the turkey is hot. Season to taste with salt and pepper. Serve as is or over cooked brown rice or whole-grain pasta, if desired.

\*Nutrition information does not include salt and pepper to taste. Each serving provides: an excellent source of vitamin A, and a good source of vitamin C, potassium and fiber.

# FROM ORCHARD TO TABLE, VIA CANNING, DRYING AND FREEZING

Barbara Ingham



Many apple varieties grown in Wisconsin ripen in early to mid-October, so orchards around the state are bursting with fruit ready to be picked. These apples can be eaten fresh or baked into pies, but there are also options for individuals

looking to preserve the fall bounty well past winter, says University of Wisconsin-Extension food safety specialist Barbara Ingham.

Apples lend themselves very well to canning, drying and freezing, according to Ingham. And while each preserving method has different safety concerns, there are some general guidelines for selecting apples to preserve. "It is important to take special care in choosing late season produce," Ingham says. "Fruits and vegetables that become overripe and soft should not be used for canning, freezing or drying." Apples allowed to ripen on the tree will be the sweetest. Using damaged fruit or apples that have fallen to the ground (drops) is not recommended. Overripe or damaged fruit may have lower levels of acid, allowing pathogens to gain a foothold. Similarly, apples that have fallen to the ground may have become contaminated with animal waste and may carry harmful bacteria.

Many light-colored fruits like apples also darken very quickly when peeled; antioxidant treatments like ascorbic acid, vitamin C, can help prevent a color change, no matter how the apples are preserved. "Ascorbic acid can be sprinkled on to fruit, mixed with water to create a dip or added to the fruit juice or syrup that frozen or canned apples will be packed in," Ingham says.

Home-drying apples can be done in a dehydrator or the oven. It is important that dried fruits be cut into even pieces. Apples can be sliced in rings, wedges or chips, with the core removed, and when placed on trays to dry, they should be evenly spaced with no pieces touching. Drying apples can be a lengthy process: "It can take between 12 and 24 hours in the oven at a very low temperature (125 degrees F)," Ingham says. Because of the lengthy time in the oven, a commercial dehydrator is often an excellent choice for drying fruit. Choose a dehydrator with a heater and fan strong enough to dry fruit efficiently. Set the dehydrator to 125 degrees F and allow apples to dry until they are flexible and no longer sticky.

When canning and freezing apples, it is important to use the correct equipment and make sure heated foods reach the right temperature. "Use rigid freezer containers of plastic, glass or wax-coated paper to prevent freezer burn and keep frozen fruits safe," Ingham says.

Ingham recommends using current, research-tested recipes for all home food preservation. "Just because a recipe is in print, doesn't mean it's safe for you and your family," she says. "Canning recommendations have changed dramatically over the last 15 years, so if you are using recipes that date before 1994, then it's a good idea to set those aside and find an up-to-date recipe that has been tested for safety." It is also important to make sure all equipment used in home food preservation, such as boiling water or pressure canners and electric dehydrators, is in good working order.

More information on drying apples is available here: [http://www.uga.edu/nchfp/publications/uga/uga\\_dry\\_fruit.pdf](http://www.uga.edu/nchfp/publications/uga/uga_dry_fruit.pdf). Cooperative Extension Publishing also has several publications on canning and freezing fruits, including apples, online at <http://www.foodsafety.wisc.edu/preservation.html> or for purchase at <http://learningstore.uwex.edu/>. For specific home food preservation questions, contact your county Cooperative Extension office: <http://yourcountyextensionoffice.org>.

## EQUIPMENT FOR RENT

UW-Extension has the following equipment for rent:

- Dehydrator
- Juicer/Steamer
- Pressure Canner
- Food Saver

In order to borrow any of this equipment you must pay a \$5 user fee and a \$5 security deposit. The security deposit will be returned if equipment is returned in clean working order. Call UWEX at 715-743-5121 if interested in borrowing any of the equipment.



# WANTED: New HCE Members in Clark County

An exciting new year is beginning for HCE with the Fall Business Meeting being held on November 8th, 6:30 p.m. at ADS in Greenwood. What is HCE (Home and Community Education)? How many times have you been asked that question? I think we have all heard the question a number of times. In an effort to give you a short, quick, answer for that question, we have written a few suggestions for you.

1. HCE is a non-profit organization that partners with UW-Extension Family Living Programs, at both the state and county level, to bring quality educational programming to our members and our communities.
2. WAHCE is a statewide organization with a written agreement with UW-Extension Family Living Programs to provide quality programming to our members and communities. In our county organizations we work with our Family Living Educator and look to that person for advice.
3. One of the past deans of UW-Extension, Carl O'Connor, called HCE and UW-Extension "a long and successful partnership." He said "This organization represents the spirit of sharing and community involvement that makes Wisconsin a better place to live for all of us." We work with the Family Living Educators who guide us in that service to our members and our communities.

We would love to have you come join us to find out what HCE is all about and we invite you to join us at one of our monthly club meetings. There are 12 HCE clubs in Clark County—I'm sure there is one in your area.

Please call for more information:

Diana Schuette	Cindy Craig
Clark County HCE President	Marketing/Membership Chairperson
715-223-2382	715-743-6629

### Mission Statement of the Wisconsin Association for Home and Community Education

*HCE Offers Opportunities for Learning in a social setting, Sharing what we learn,  
Caring to make a difference in our homes, communities, and the world*

*Cindy Craig, Marketing/Membership Chairperson*

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. If you need an interpreter, materials in alternate formats or other accommodations to access this program, activity, or service, please contact the program coordinator at 715-743-5121 as soon as possible (10 days is reasonable) preceding the scheduled event so that proper arrangements can be made in a timely fashion.

RETURN SERVICE  
REQUESTED



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