

■ TURKEY

From Page 3

conducting heat, so temperatures must be measured to take the guess work out of cooking.”

If any meat, poultry or shellfish are used in the stuffing recipe, Hegerfeld-Baker said to cook them thoroughly before adding to the stuffing.

“Keep the wet and dry ingredients of the stuffing separate, mixing them together just before spooning into the turkey cavity. Stuff the cavity loosely - about 3/4 cup of stuffing per pound of bird - so it can heat more efficiently,” she said. “Do not stuff poultry with cooked stuffing. And, do not stuff turkeys to be grilled, smoked, fried or microwaved.”

Turkeys can be purchased pre-stuffed, but only from a USDA Inspected plant. However, they must be in frozen at time of purchase and remain frozen until they are cooked. When preparing the turkey that was stuffed at a USDA Inspected plant, do not thaw the turkey but go directly to cooking.

Hegerfeld-Baker added that the USDA recommends not purchasing retail-stuffed, uncooked turkeys from a store or restaurant.

She repeats, “Stuffing works like an insulator, therefore it is important to follow these guidelines.”

Tips for preparing and cooking turkey the day before serving

To free up time during the day of the big meal, cooks can prepare the turkey one day before serving said Hegerfeld-Baker.

“It may be easier than preparing it the day it will be served,” she said. “If you plan to prepare turkey a day ahead, follow these guidelines for cooling, storing and reheating turkey.”

1. Prepare and roast turkey according to food safety guidelines. After the turkey is roasted and removed from the oven, let the turkey set about 20 minutes to allow the juices to distribute throughout.

2. Wash your hands with soap and water before beginning to slice the turkey. Slice breast meat. Wings

and legs may be left whole. Turkey should be placed in shallow containers (such as cake pans) to allow for faster cooling. Juices can be saved and refrigerated for making gravy.

3. Loosely cover the sliced turkey meat and place in the refrigerator while still warm. Cover tightly when completely cooled.

4. If cooking stuffing ahead of time, cook immediately when mixed, cool quickly in 2 inch depth containers, cover after cooled.

5. Turkey that is prepared for serving the next day can be eaten cold or hot. If planning to serve hot, reheat the turkey in the oven set at a temperature no lower than 325° F. The internal temperature must reach 165° F. Use a food thermometer to check the internal temperature.

6. Do not reheat turkey, stuffing or gravy slowly. If reheated slowly, microorganisms that survived the normal cooking process, or contamination from handling the turkey before cooling, have ample time to grow and possibly produce toxins to make people sick. Reheating leftovers in a crockpot is not recommended.

7. Keep the turkey moist during reheating by adding a small amount of water or broth and cover. If reheating turkey in the microwave oven, cover the food and rotate it for even heating. Allow standing time. Check the internal temperature with a food thermometer to be sure it reaches 165 degrees. Using a microwave to reheat is not recommended for large amounts, and can lead to uneven heating.

8. If traveling with a precooked turkey, cooling the turkey as suggested above and use an insulated cooler with enough ice packs to keep the temperature of the turkey below 40 degrees. Reheat turkey to 165 degrees when you reach your destination.

9. Gravy made the day before should be cooled quickly by refrigerating in a shallow metal pan. Ice cubes can be added to hasten the cooling process. Transfer

to a storage container after cooling. The excess water will boil off when reheating. The gravy should be reheated to a rolling boil before serving. Once again do not use a crockpot for reheating.

Leftover notes
After the meal is complete, either freeze or eat leftover turkey within three to four days of the day it was originally prepared. Gravy and stuffing should be eaten within one to two days of original preparation date.

Hegerfeld-Baker reminds cooks that after turkey, gravy and stuffing is removed from the oven, served or reheated, it should not sit at room temperature for more than two hours.

Consumers can also visit with food safety experts by calling one of the following two numbers: USDA Meat and Poultry Hotline, 1-888-MPHotline (1.888.674.6854); or Answer-Line, 1.888.393.6336 (South Dakota) and 1.800.854.1678 (Minnesota) ■ **iGrow**

Tatanka's Healthy Tales National Recognition

BROOKINGS, S.D. - SDSU Extension's Tatanka's Healthy Tales was recognized by the National Extension Association - Family & Consumer Sciences (NEAFCS) division with the Mary W. Wells Memorial Diversity Award during the 2015 Annual Conference in White Sulphur Springs, West Virginia. This was only possible after receiving the Excellence in Families Award from the South Dakota affiliate of NEAFCS.

Tatanka's Healthy Tales is an engaging educational coloring book for first and second-grade developed by SDSU Extension educators, Suzanne Stluka, SDSU Extension Food & Families Program Director and SNAP-Ed Director and Karlys Wells, SDSU Extension Program Associate and Project Coordinator.

“We designed Tatanka's Healthy Tales for the Supplemental Nutrition Assistance Program Education (SNAP-Ed) as a resource to engage American Indian families and educators by including culturally appropriate images, language and topics,” Wells explained.

Tatanka's Healthy Tales received the award based on its implementation of the curriculum, which met the objectives of the annual memorial award:

to provide relevant educational programs to an increasingly diverse population and to recognize outstanding professionals who have made significant efforts in the area of diversity.

Tatanka's Healthy Tales is a softcover workbook developed in response to requests for teaching resources that are sensitive to Native American youth and their culture. Implementers include SDSU Extension 4H Youth Advisors, Expanded Food & Nutrition Education (EFNEP) and SNAP Nutrition Assistants, elementary teachers and after school program staff.

“Tatanka's Healthy Tales has been used to teach nutrition and healthy lifestyles across the state,” Stluka said.

The activity book features Curly, a wise and healthy buffalo, who coaches his young American Indian friend, Max, to eat well and be physically active. The book features creative drawings and text in the Lakota and Dakota language.

Audio recordings of the languages assist teachers who are not fluent Lakota or Dakota speakers to introduce the youth to the dialects.

Classroom quantities of the workbooks and audio files are available to educators who will implement and provide pre- and post-feedback.

“This resource has attracted attention from tribal leaders in South Dakota and even the Native Diabetes Program of the Centers for Disease Control. We are pleased to be able to provide it,” Stluka said. ■ **iGrow**

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MISSOURI VALLEY MV Shopper

Fill the puzzle so that every row, every column, and every section contain the numbers 1-9 without repeating a number.

	2			8	1	3	
	1			2		6	
				5			
		2			5		
7	8			6		1	4
		6			8		
			4				
	4					7	
	6	7	3			4	

INTERMEDIATE INT BOOK 60 #4

Last Tuesday's Solution

2	8	3	1	6	4	9	7	5
9	4	7	8	2	5	3	1	6
5	1	6	3	9	7	8	4	2
7	5	2	9	4	3	6	8	1
1	3	4	7	8	6	5	2	9
8	6	9	2	5	1	4	3	7
4	9	1	8	7	8	2	5	3
3	2	8	5	1	9	7	6	4
6	7	5	4	3	2	1	9	8

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Check next Tuesday's paper for the solution to today's puzzle.

EA BOOK 60 #4

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(A) 2014 CIH Magnum 260, 390 hrs., cab susp., 46" duals. \$164,000

(A) 2014 Magnum 260 MFD, 262 hrs., susp. axle. \$169,500

(C) 2014 Magnum 235 MFD, 274 hrs., full guid., \$169,500

(C) 2014 Magnum 235 MFD, 306 hrs., dlx. cab, 46" duals. \$159,500

(C) 2014 CIH Mag 290, 242 hrs., luxury, 46" duals. \$195,000

(C) 2013 CIH Mag 235 MFD, 275 hrs., 795 ldr., grapple \$174,500

(A) 2012 CASE 721F, wheel loader, 115 hrs., 3 yd. bucket. \$160,000

(A) 2012 Challenger MT 765C Tracks, 413 hrs., Topcon \$218,000

(A) 2012 Mag 290 MFD, 884 hrs., susp. axle, \$185,000

(A) 2011 CIH Mag 260, 1,298 hrs., susp. axle, \$150,000

(A) 2011 Mag 340, 788 hrs., duals, 23-spd., susp. axle \$198,000

(A) 2011 Mag 340 MFD, 1,171 hrs., susp. axle, 23-spd. \$195,000

(A) 2005 MX285 MFD, 3,340 hrs., 46" duals, 12' dozer blade. \$103,000

(A) 2005 CIH MX285 MFD, 3,887 hrs., 46" duals, 5 hyd. \$97,500

(N) 1992 JD 8760 4WD, 3,033 hrs., 42" duals, 3 pt., 3 hyd. \$48,500

PLATFORMS/DRAPERS

(A) 2013 MacDon FD75, 35' flex draper, CIH. \$56,000

(A) 2012 CIH 3020, 30', 3" cut, double drive tracker. \$24,000

(N) 2011 CIH 3020, 35', new sickle & guards this year. \$23,000

(A) 2011 CIH 3020, 35' 3" cut, AHHC sensors, poly skids. \$23,000

(A) 2011 CIH 3020, 35', 3" cut, tracker, single drive. \$23,000

(A) 2010 MacDon FD70, 40' flex draper, CIH. \$44,500

(C) 2009 CIH 2020 30', 3" cut, tracker. \$14,000

(A) 2001 CIH 1020, 30', 3" cut, Cray Air reel. \$8,900

PLANTER

(A) 2007 CIH 1200, 12 row 30", pivot tongue, fert., PRO 600. \$50,000

TILLAGE

(A) CIH 496 21' disk, 9" spacing, rear hitch. \$8,000

(A) CIH 3900 22' disk, 9" spacing, harrow. \$11,000

(C) CIH 4800 field cult., 22.5' \$5,500

(C) CIH 3900 disk, 26.5', 9" spacing. \$12,500

(A) 1997 Sunflower 1433-28' disk. \$14,000

(A) 2011 CIH 340 disk, 28' 9" spacing. \$31,000

(C) 2010 Sunflower 6630 VT, 29', 7.5" spacing. \$29,500

(A) CIH RMX340 disk, 34', 9" spacing. \$26,000

(A) 2013 Sunflower 6333 combo finisher 37' \$45,000

(C) 2005 CIH TigerMate II, 46.5', field cult. \$38,500

HAY EQUIPMENT

(A) CIH RBX564 Round Baler, 5000 bales, net+twine. \$21,000

(C) 2003 MacDon 5020 14' Mower Cond., 540 PTO. \$11,000

(C) 2008 CIH RB564 Baler, 1000 PTO, net+twine, endless belt. \$15,500

(C) 1999 CIH SC416 Mo-Co, 16', rubber on rubber, float tires. \$7,500

(A) Vermeer R23A twin rake, good condition, shedded. \$8,500

FEED WAGONS

(N) 2010 Farm Aid 430, 5' LH discharge, scale, 540 PTO \$18,500

(A) 2010 Farm Aid 340, 5' RH discharge, 540 PTO, scale \$19,500

(N) Farm Aid 340, 540 PTO, scale, very nice. \$15,000

(A) Van Dale, 4 auger mixer, scale, LH discharge. \$3,500

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(A) 2014 CIH 6130, 195 hrs., Pro 600, 42" duals, sidehill. **CALL**

(C) 2013 CIH 7130, 439 hrs., 42" duals, corn/bean, nice. **CALL**

(A) 2013 CIH 7130, 303 hrs., 42" duals, auto guide ready. **CALL**

(A) 2013 CIH 8230, 397 hrs., tracker, rock trap, 42" duals. **CALL**

(A) 2013 CIH 7230, 200 hrs., 42" duals, auto guide, loaded. **CALL**

(A) 2012 CIH 7130, 308 hrs., 2 spd., auto guide, 42" duals. **CALL**

(A) 2011 CIH 7088, 523 hrs., 42" duals, Pro 600, guidance ready. **CALL**

(N) 2010 CIH 6088, 560 hrs., 42" duals, Pro 600. **CALL**

(A) 2010 CIH 7120, 883 hrs., 42" duals, Pro 600, guidance ready. **CALL**

(N) 2010 CIH 8120 Combine, 873 sep. hrs., auto guide ready. **CALL**

(C) 2009 CIH 7120, 1,009 hrs., 42" duals, auto guide trkr. **CALL**

(A) 2007 CIH 2588, 792 sep. hrs., 42" duals, Nice!. **CALL**

(C) 2007 CIH 8010, 1,464 sep. hrs., 42" duals, PRO 600. **CALL**

(A) 1994 CIH 1688, 4,815 hrs., 38" duals, AFS yield & map. **CALL**

CORN HEADS

(N) 2013 CIH 3408, 8-row 30", AHHC, tracker, hyd. deck \$32,000

(C) 2013 CIH 3408, 8-row 30", knife rolls, hyd. deck, trkr. \$35,000

(A) CIH 3408, 8-row 30", hyd. deck, tracker. \$35,000

(A) 2012 CIH 3412, 12-row 30", hyd. deck, tracker. \$45,000

(N) 2011 CIH 3408, 8-row 30", AHHC, tracker, hyd. deck \$29,500

(N) 2011 CIH 3408, 8-row 30", tracker, hyd. deck. \$32,000

(A) 2011 CIH 3408, 8-row 30", hyd. deck plates, tracker. \$29,500

(C) 2009 CIH 3408, 8-row 30", tracker, hyd. deck. \$28,500

(A) 2008 CIH 3412, 12-row 30", knife rolls, head sight. \$40,000

(N) 2004 CIH 2208, 8-row 30", chains & sprockets ok. \$15,000

(A) CIH 3212 12-row 30", tracker, knife rolls. \$32,000

MISCELLANEOUS

(A) 2014 Land Pride RCF3610, 3 pt., 10' cutter. \$6,000

(A) 2014 Land Pride RCD1884, 3 pt., 7' cutter. \$2,800

(N) 2014 Buffalo 5540-12' Scraper, tilt cyl., like new. \$7,500

(A) A & L 650T grain cart, 1000 PTO. \$2,000

(A) B & B 25' head cart. \$2,850

(N) Command 12' Feed Yard Scraper. \$1,000

(A) H1082 Auger, 10"x82', swing hopper. \$7,000

(A) 2012 Harvest Int'l, H1372 Auger, 13"x72', swing hopper. \$13,000

(A) B & B 40' tandem axle header cart. \$4,250

(N) Peck 10x66 Auger, 540 PTO, good fighting. \$3,500

SKIDSTEERS

(C) 2013 JCB 300T, tracks, 460 hrs., heat, AC, 84" bucket. \$54,500

(A) 2013 Bobcat S630, 554 hrs., heat, AC, 2 spd., 74" bucket. \$31,500

(A) 2013 Bobcat S570, 94 hrs., cab, heat, 2 spd., 68" bucket. \$29,500

(C) 2012 T190 Bobcat, tracks, 780 hrs., air/heat, cab, ACS. \$33,000

(A) 2007 Bobcat S185, 570 hrs., cab w/heat. \$21,500

(N) 2003 Bobcat S175, 2,488 hrs., ACS, 66" bucket. \$18,500

(A) Bobcat S590, 166 hrs., cab, heat, 2 spd., 68" bucket \$30,000

(A) Bobcat 88" snow & light material bucket, like new. \$800

CENTER PIVOT

(A) 2002 Lindsay Gen 2 Zimmatic, 1300', good condition. **CALL**

(A) T&L, 8 Tower, 1300', good condition. **CALL**

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