

November 2024

# FCS NEWS & NOTES

Todd County Extension Office  
240 Pond River Road  
Elkton, KY 42220  
Phone: 270-265-5659  
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**Todd County Family & Consumer Sciences Extension**

## Holiday Online Shopping Savvy

The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

When buying online, look for a padlock symbol on the page and shop from sites that start with https:// web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card

companies will not hold you responsible for any fraudulent online charges. Review your statements and report any suspicious transactions to your credit card company.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure.



# Are Sprouted Potatoes Safe to Eat?

Sprouted potatoes are a sign of age or improper storage, not necessarily decay. As long as the sprouts are small and the potato is still firm, not soft or wrinkled, you can remove the sprouts and eat the potato. The potato is safe to eat, but the sprouts are not. The sprouts contain solanine, a natural toxin. If you eat it in large amounts, it can cause headaches, vomiting, and diarrhea. Solanine has a bitter taste, so you'll know if you're eating it.

Solanine is also in green potatoes. And just like with sprouts, you can remove the green by peeling the skin or cutting away small spots and still eat the potato. However, if the potato remains green after peeling or has deep green spots, throw it away. Cooking does not destroy solanine, and eating it can lead to sickness.

As a rule, eat firm potatoes with only small sprouts and/or skin-deep greening if you have removed the entire sprout and green-colored parts. Do not eat potatoes that are soft, shriveled, have large sprouts or deep greening.

Keep potatoes from sprouting and turning green by storing them correctly. Sunlight promotes greening, and warm temperatures promote sprouting so store potatoes in a cool, dark place that is well-ventilated. A bowl or open bag in a cabinet, pantry, or closet works well. Don't store potatoes and onions close together. Onions produce ethylene gas which causes potatoes to spoil quickly, and potatoes contain a lot of moisture which causes onions to turn brown and rot. In addition, do not store potatoes in the refrigerator as they will develop a sweet taste and darken upon cooking.

Cooked potatoes should always be cooled and stored in the refrigerator within two hours if not consumed. It is especially important to remove the foil from baked potatoes before putting them in the fridge because the foil traps heat and prevents air from circulating around the potato. This can lead to the formation of the botulinum toxin and if eaten, can cause serious illness or death if not treated.

## Reference:

<https://blogs.extension.iastate.edu/answerline/2024/04/02/spouting-or-greening-potatoes-keep-or-toss/>

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

## RECIPE

In a mealtime rut? Try this Plate It Up Kentucky Proud recipe. Find other recipes at <https://fcs-hes.ca.uky.edu/piukp-recipes>

### Broccoli Brunch Casserole

Nonstick cooking spray	<b>1 1/2 cups</b> shredded, part skim mozzarella cheese, divided	<b>1 teaspoon</b> ground black pepper
<b>8 ounces</b> ground turkey sausage	<b>8 eggs</b>	<b>1/2 teaspoon</b> salt
<b>3 1/2 cups</b> broccoli florets, chopped	<b>1 cup</b> part skim ricotta cheese	<b>1 Roma (Plum) tomato</b> , thinly sliced
	<b>1/4 cup</b> skim milk	

**Preheat** oven to 350 degrees F. **Spray** a 9-by-13-inch baking dish with nonstick cooking spray. **Place** a medium-sized skillet over medium heat. **Sauté** sausage until evenly brown, **drain well**, **crumble**, and **cool slightly**. In a medium bowl, **mix** cooked sausage, broccoli, and a 1/2-cup of mozzarella. In a separate bowl, **whisk** eggs until frothy and then **combine** with a 1/2-cup of mozzarella, ricotta cheese, milk, pepper, and salt. **Spoon** the sausage mixture into the prepared baking dish. **Spread** the egg mixture over the sausage mixture. **Sprinkle** with the remaining mozzarella,

and **arrange** the tomato slices on top. **Cover** with foil, and **bake** 30 minutes. **Uncover**, and **bake** for an additional 15 minutes. Let **stand** for 10 minutes before serving.

**Yield:** 8 slices

#### Nutritional Analysis:

260 calories, 16g total fat, 7g saturated fat, 0mg cholesterol, 550mg sodium, 7g total carbohydrate, 1g fiber, 1g total sugars, 0g added sugars, 20g protein, 6% DV vitamin D, 25% DV calcium, 10% DV iron, 6% DV potassium.



# UPCOMING ACTIVITIES

## Cooking thru the Calendar

Cooking thru the Calendar Facebook Live will be **November 7, and December 5, at 11:30 a.m.** on the ToddCountyExtensionFCS Facebook page. Watch live or play it back anytime.

## Wits Workout

We have two more session of Wits Workout. We have learned that coming together and learning new things is good for your brain!

The next two session are the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of **November at 10:00 a.m.** at the Todd County Extension Office, 240 Pond River Road Elkton.

November 12

November 26

These classes are free and open to anyone who would like to attend. Bring a friend!



## Community Baby Shower

The Todd County Community Baby Shower, for expectant or new mothers, is **Thursday, November 7**, at Elkton Baptist Church Christian Life Center. Visit with exhibitors between **5:00 and 6:00 p.m.** Food will also be available during that time. Speakers will start at 6:00 p.m. Door prizes will wrap up at 7:45. To register, contact the Todd County Extension Office at 270-265-5659 or scan the QR code on the flyer.

NEW & EXPECTANT MOTHERS ARE INVITED TO THE  
**TODD COUNTY COMMUNITY**  
*Baby Shower*

**THURSDAY**  
**NOVEMBER 7, 2024**  
**5:00 TO 7:45 PM**

ELKTON BAPTIST  
CHURCH GYM  
301 EAST MAIN STREET  
ELKTON, KY 42220  
DOORS OPEN AT 5:00 PM

Register  
Now!

CALL THE TODD COUNTY  
EXTENSION OFFICE @  
270-265-5659  
OR  
USE THE LINK BELOW:  
<https://bit.ly/4dLuGia>

SCAN ME

Free door prizes for everyone!

Sponsored By  
TODD COUNTY HEALTH DEPARTMENT  
TODD COUNTY EXTENSION SERVICE  
TODD COUNTY FAMILY RESOURCE &  
YOUTH SERVICE CENTERS

**5:00 PM TO 6:00 PM**  
**-EXHIBITS &  
DINNER/ REFRESHMENTS**  
-PRENATAL & NEWBORN CARE TIPS  
-GUEST SPEAKERS  
-MOTHERS MAY BRING ONE GUEST  
-NO CHILDCARE PROVIDED

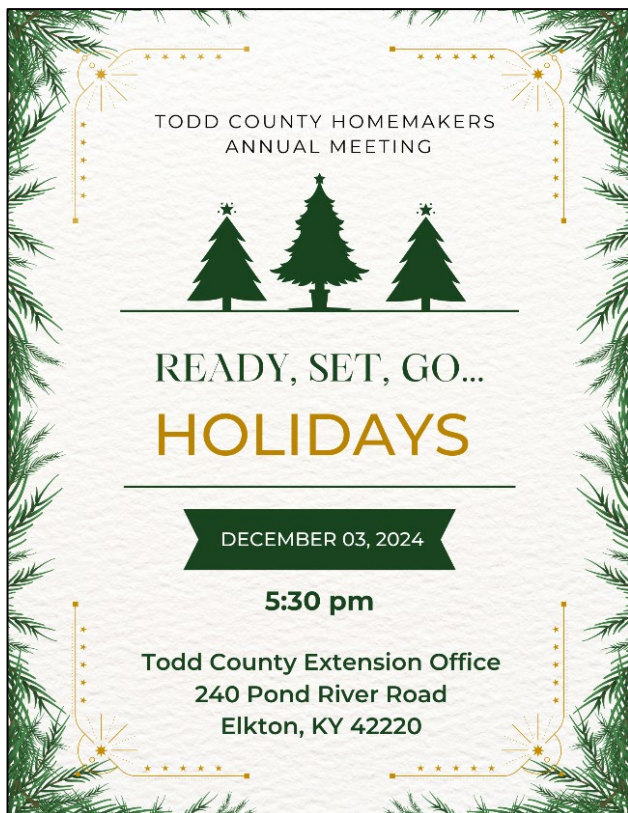
## Homemaker Dues

If you are receiving this newsletter, you are on our Family and Consumer Sciences mailing list. This mailing list includes dues-paying homemaker members as well as non-dues paying people who have asked to be on the list. If you are a person who manages a household and are not paying homemaker dues, why not consider paying \$10 annual homemaker dues? Dues paying members receive additional information (lessons) each month to help them learn how to improve the quality of life for families and communities. The lessons through June include Indoor Air Quality, Inspiring Grandchildren to be Grand Cooks, Composition in Photography, Transferring Cherished Possession: Estate Planning Tips for non-Titled Property, Move your way: Exercise for everyone, and Backyard Picnics. If interested in becoming a homemaker member, please make your check for \$10.00 payable to Todd County Homemakers and mail it to 240 Pond River Road, Elkton, KY 42220.



## Ready, Set, Go...Holidays

The Todd County Homemaker Annual Meeting will be **Tuesday, December 3, 5:30 p.m.** at the Todd County Extension Office, 240 Pond River Road, Elkton, KY. Registration starts at **5:00 p.m.** The theme is *Ready, Set, Go...Holidays*; we will have several demonstrations to help you get ready "fast" for the Holidays. The meal will be a baked potato bar and dessert. There is no cost to attend but please register at your club meeting or by calling the Extension Office at 270-265-5659 by **Friday, November 22.**



## Basic Bread Baking and Cinnamon Rolls Classes

Due to overwhelming response, I am offering two day-time classes, before the end of the year, on how to make basic bread and cinnamon rolls: **Friday, November 15, 9:00 a.m.** and **Monday, December 9, 10:00 a.m.** Participants will


learn measuring, mixing, kneading, and shaping. Each person will leave with one loaf of bread and four cinnamon rolls to take home and bake/ice. Class size will be limited to 8 people and the registration fee of \$5/person is due within 3 days of registering to hold your spot. Depending on how the day classes go, I will offer evening classes after the first of the year.

Cooperative Extension Service

## BASIC BAKING CLASSES

LEARN HOW TO BAKE  
BASIC YEAST BREAD\* AND CINNAMON ROLLS

Be prepared to take cinnamon rolls home to bake.



WORKSHOP DETAILS (CHOOSE ONE):

**NOVEMBER 15, 9:00 AM**  
**DECEMBER 9, 10:00 AM**

Todd County Extension Office  
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To register: 270-265-5659      Cost: \$5.00 per person  
\*Not Sour Dough

**YOU WILL LEARN**

- Measuring
- Mixing
- Kneading
- Shaping

YOU WILL LEAVE WITH ONE LOAF OF BREAD AND 4 CINNAMON ROLLS

Evening classes will be offered in January  
An Equal Opportunity Organization

For more information, contact the Todd County Extension Office at 270-265-5659.

Sincerely,

Jill B. Harris

Jill B. Harris  
Extension Agent for  
Family & Consumer Sciences

