

**WTNS Radio OSU Extension Update for November 21, 2022**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about turkey time, and as always look at some upcoming programs from OSU Extension.

Here's a little quiz for you. When Americans want to have a serious discussion, what do they do? They talk turkey. What are you doing if you stop something immediately? You quit cold turkey. What do we call a failed Broadway show or a person who does something thoughtless or annoying? A turkey. The turkey has an important place on our plates, and also our vocabulary.

There are six subspecies of wild turkey, all native to North America. Domesticated turkeys today are derived from Mexico. The Spanish took these Mexican birds back to Europe as domesticated birds. Then the domesticated turkey returned to a different part of North America with European colonists. That's certainly a roundabout way to get from Mexico to New England.

Wild turkeys in the eastern United States were hunted nearly to extinction by the early 1900s, when the population reached a low of around 30,000 birds. Through widespread conservation efforts, there are almost seven million today. The U.S. Fish and Wildlife Service estimates 21% of all U.S. hunters pursue turkey, making it the second most-sought game after deer.

Here in Coshocton County, there were 331 turkeys harvested in Spring of 2021 and 271 in 2022. We are in the top 15 counties in the state for wild turkey harvest. Counties in eastern Ohio reported the highest turkey harvest in the state in 2022. The top counties were Ashtabula (348), Tuscarawas (338), Belmont (314), Guernsey (312), and Columbiana (309).

Here are some fun facts about wild turkeys. An adult turkey has 5,000 to 6,000 feathers. Turkeys can clock 18-25 miles per hour on foot and up to 50-55 miles per hour in flight. A turkey's gender can be determined from its droppings.

The Broad Breasted White Turkey is the most common breed used by large commercial growers as well as back yard growers. They are known for their fast growth rate and great feed conversion. There are also several Heritage breeds like Bronze, Narragansett, Bourbon Red, Chocolate, Lavender, and Midget White. Commercial broad breasted turkeys reach mature weight at about 16 to 22 weeks, as opposed to 26 to 28 weeks in Heritage turkey breeds.

As you are preparing your Thanksgiving turkey this week, here are some food safety tips from the USDA Food Safety and Inspection Service.

There are three ways to thaw your turkey safely — in the refrigerator, in cold water, or in the microwave oven. When thawing in the refrigerator, allow approximately 24 hours for every 4 to 5 pounds. If thawing in cold water, allow approximately 30 minutes per pound. Submerge your wrapped turkey in cold tap water and change the water every 30 minutes.

When roasting your turkey, set your oven temperature no lower than 325 °F, no matter how low and slow grandma used to cook hers. For optimum safety, stuffing a turkey is not recommended. If you choose to stuff your turkey, fill the cavities loosely and cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165 °F.

A whole turkey is safe when cooked to a minimum internal temperature of 165 °F, as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For quality, let the turkey stand for 20 minutes before carving to allow juices to set.

Today I'll leave you with this verse from Psalm 9:1, "I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds."

And now let's look at some upcoming programs from OSU Extension. November is National Diabetes Awareness Month. Be on the lookout during November for special posts on our Facebook page - OSU Extension Coshocton County.

There is a free, self-paced online course to help participants learn, share, and chat with health professionals about successfully managing diabetes. The course, *Dining with Diabetes: Beyond the Kitchen*, focuses on carbohydrates, fats, sodium, vitamins, minerals, and fiber. The easy to follow three-module course includes interactive presentations, videos, activities, and access to trusted resources and apps. Sign up at our website [Coshocton.osu.edu](http://Coshocton.osu.edu).

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!