HOLIDAY GREETINGS TO ALL
FAMILY AND FRIENDS!

Thank you for making 2019 a Wonderful year to look back on!
I hope each of you can celebrate the Holiday Season in such a way as to bring yourself joy and peace.
What we make of this time of year and how much we appreciate the holidays, is completely up to us.
My wish for you is Happiness, Joy and Peace!
Sincerely, Kathy

TRICKS FOR FLAKY BISCUITS

For some, making homemade biscuits is scary. But, they are really quite simple. One key component is solid fat and how it is handled. Biscuits need small pieces of cold fat to create flaky layers and tender biscuits. That keeps the flour from absorbing the fat and the flour actually coats the fat. This also reduces gluten development so biscuits won’t be tough. Whatever solid fat you use, it needs to be cold, or even frozen. Fat that is frozen can be grated into small pieces. Refrigerated sticks of butter or shortening can be sliced with an egg slicer, a knife or two, a pastry cutter, or even a fork. Work quickly so the fat doesn’t warm up too much. When cutting the biscuit shapes, resist the urge to turn the cutter. This motion causes the dough to twist instead of being straight up and down.

DCHC FALL EVENT
EVERYONE WINS - LET'S PLAY

Friday, November 8th at the Doniphan County Fair Building in Troy.
9:30 - Registration
10:00 - Welcome
10:05 - Bonding Thru Board Games
11:00 - Game Time/Entertainment
Noon - Potluck Luncheon
*Shop Craft Tables ®
12:45 - Make and Take with Amy
1:00 - EHU Spotlight
1:30 - Adjourn
*If you would like a craft table, please let me know ASAP

NOVEMBER IS NATIONAL RAISIN BREAD MONTH!
Now this is a celebration I can wrap my head around! I consider raisin bread comfort food and have made it often to give as gifts. The aroma of this bread just says comfort! There are many variations of raisin bread, which typically has cinnamon as an added punch of flavor. Some recipes have raisins in the dough, some have the raisins just in the swirl. The cinnamon can also be used either way. But to truly get that punch of flavor, the spiral with the cinnamon and raisins can hit the spot.

*The Doniphan County Extension PDC
Elections will be held at the Fall Event as well as at the Extension office, November 8th. Please take time to vote!!
Raisins are little sponges. When baked in bread, they tend to soak up moisture from the dough, making the finished bread dough dry. Soak the raisins in water first to make them plump and juicy, but not mushy. A cinnamon filling can make a pretty swirl when shaping the loaves. Resist using too much butter as that can cause the swirl to separate and then the bread slices will lose their shape. Add a tablespoon of flour to help prevent this from happening. However you make this bread, enjoy!

SWEET POTATO OR YAM

When searching the canned vegetable aisle, you’ve probably seen cans of yams. Are they the same as sweet potatoes? The truth is, what we call a yam is actually a sweet potato. It is likely you’ve never tasted a yam! The sweet, orange-colored vegetable is truly a sweet potato. A true yam is from the Dioscorea genus and is imported from the Caribbean. It has a rough, scaly exterior and is more white in color due to low beta-carotene content. Sweet potatoes can vary in color from white, to orange, to purple. The traditional orange variety was introduced several decades ago and were labeled as “yams” which is the English form of the African word “nyami.”

HOLIDAY STRESS

Feeling overwhelmed or coping with symptoms of depression, anxiety or social phobia with the approach of the holidays? Kansas State University’s Joyce Baptist, associate professor and marriage and family therapist in the College of Health and Human Sciences, offers the following tips on how to avoid holiday stress, especially if it jeopardizes your mental health:

• Acknowledge your needs. The need to protect yourself, avoid re-traumatization or unnecessary stress is legitimate. Your feelings matter.

• Avoid triggers. Presence of a specific someone or alcohol beverages may be triggering. These are good reasons to skip those gatherings and instead volunteer at a holiday event in your community or for a good cause. These events should be uplifting and meaningful.

• Reach out. Discuss your decision to opt out of holiday gatherings with your closest loved ones. You don’t owe an explanation to those who do not support or make you feel guilty for looking out for yourself.

• Quality time. Plan ahead to spend quality time with family members and friends who do matter. You will all benefit from more meaningful contact that can be difficult in large gatherings.

• Personal time. Take time to unwind and respect your need for space. Give yourself the gift of downtime.

• Seek professional help. If holiday stress exacerbates your mental health, causing irritability, sleeplessness, severe depression or anxiety, seek help from a mental health professional. Talking to someone who is invested in your well-being can help relieve your stress and provide you with some strategies to manage your symptoms.