Spencer County Family and Consumer Sciences Newsletter



Cooperative Extension Service Spencer County PO Box 368 Taylorsville KY 40071-0368 (502) 477-2217 Fax: (502) 477-1343 extension.ca.uky.edu



December 2022

Only a few weeks till 2023! The year has gone by so quickly. There's a lot of activities planned in the next few weeks. Please try to attend our Holiday gathering on 12/9/22. I wish you and your family an abundance of peace, joy and good health this season! Hope to see you soon.

Sincerely,

Beth Maxedon, Spencer County FCS Agent

Spencer County Extension Agent for Family and Consumer Sciences



More Information

As always, if you need more information, feel free to **call me** at 477-2217. You can also **email me** at elizabeth.maxedon@uky.edu @uky.edu or you can **visit my website** to view archived newsletters and news articles. The web address is: www.spencerextension.com

Mark your calendar

12/5/22 at 5:30pm:Cook Wild KY /Potluck with Speaker: Dr. Rentfrow topic: After the Hunt, Food Safety. Everyone invited please RSVP by 12/1/22.

12/7/22 at 2:00pm Holiday Entertaining Come enjoy free samples and learn to build a Charcuterie board. RSVP by 12/6/22.

12/9/22 at 5:30pm: Homemaker's Holiday gathering for all clubs and their family. Please bring a side dish, salad or dessert. The meat and drinks will be provided. Dress is holiday/festive wear. **Please discuss at your club meetings. RSVP by** 12/5/22

<u>Spencer County Homemaker Clubs</u>

Bluegrass Basket Guild

Second Thursday of each month - 4 pm Extension Office Nichole Hutchins – 502-422-0719 Facebook group https://www.facebook.com/groups/129924587048584 Dec 8, Jan 12, Feb 9, Mar 9, Apr 13, May 11

Patch worker Quilt Guild

First Tuesday of each month - 10 am Extension Office Linda Prys - 502-423-0303 Dec 6, Jan ?, Feb 7, Mar 7, Apr 4,

Gardening Association

Contact Vicky Clark about Dates and Times Vicky Clark—859-576-9104

Loyal Homemakers

Second Thursday of Jan, Feb, Mar, Apr, May, Sept, Oct, Nov, Dec - 10:30 am Extension Office Diane Fischer - 502-902-1717 Dec 8, Jan 12, Feb 9, Mar 9, Apr 13,

Waterford Homemakers

Third Wednesday of Jan, Feb, Mar, Apr, May, Sep, Oct, Nov, Dec - 10 am Extension Office Judy Broyles— 502-821-2108 Dec 21, Jan 18, Feb 15, Mar 15,

Thread & Thimble

Fourth Monday of each month - 10 am Extension Office Gayle Browning - 502-354-1151 Nov 28, Dec ?, Jan 23, Feb 27, Mar 27

Cook Wild Kentucky

First Monday of Oct, Nov, Dec, Feb, Mar, Apr, May— 5:30 pm Extension Office Beth Maxedon—502-477-2217 Dec 5, Feb 6, Mar 6, Apr 3, May 1

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OVARIAN CANCER SCREENING

The Ovarian Cancer screening had to be rescheduled due to the KEHA conference starting on 5/9/23. Please mark the new date 5/16/23 and is full. However, I have an additional date of 5/18/23 @ 2:30pm, I have 6 slots for new/former patients. If you wish to go on this date, please call the office #502-477-2217 or email me at elizabeth.maxedon@uky.edu (the clinic needs the following information: Name, DOB, phone number and

address. Also, they have to be over 50 and still have their ovaries). Please contact me if you are interested by 12/9/22. Thank you





OOPERATIVE EXTENSION

DECEMBER 9, 2022 5:30 PM SPENCER COUNTY EXTENSION OFFICE LARGE MEETING ROOM

Gathering for all members of the Spencer County Homemakers and their families. We ask that everyone bring a side dish, a salad or a dessert. The meat and drinks will be provided. Please dress in your Holiday/Festive wear RSVP to Nicole at nhahn@uky.edu or call 502-477-2217 no later than December 5 at 4:30 pm.

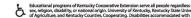
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Spencer County PO Box 368 Taylorsville, KY 40071-0368

RETURN SERVICE REQUESTED



Ratatouille Soup

- 1 small eggplant, peeled and cubed
- 2 teaspoons salt
- 1 pound lean ground chuck
- 1 tablespoon canola oil 1 medium zucchini, chopped
- 1 medium bell pepper, chopped 1 medium onion, chopped 1 tablespoon finely minced garlic (about 3 cloves) 1 14.5 ounce can low sodium beef broth

1 24 ounce jar chunky garden style pasta sauce 2 cups water 1 teaspoon dried basil 1 cup uncooked whole grain pasta

Place the cubed eggplant in a colander. Toss with the salt and let set for 20-25 minutes. Thoroughly **rinse** in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, **brown** the ground beef over medium heat until crumbly and no longer pink. **Drain**. Raise the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the zucchini, bell pepper, onion and garlic. **Cook** together for 5-7 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to **cook** for 5



minutes. Add the beef broth, pasta sauce, water and basil. Bring to a **boil**, then reduce heat to medium-low, **cover** and **simmer** for 10 minutes. Add the pasta. Raise heat to medium. Bring to a slow **boil** and **cook**, stirring occasionally for 10-12 minutes, or until the pasta is tender.

Yield: 12, 1 cup servings

Nutritional Analysis: 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugar, 13 g protein

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.