# 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.

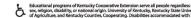
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Spencer County PO Box 368 Taylorsville, KY 40071-0368

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.