

Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

April 2024



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

Congratulations to our County Level Cultural Arts Winners!

2. Art, 3-Dimensional

B. Sculpture: Plaster and clay mask, Julie Hart

3. Art, Natural

A. Wood: lathe tuned 4 species wood bowl,
Craig Neely

B. Dyed Material: Mary Burchyett

D. Novelty: Mary Burchyett

E. Plain: Casserole Carrier, Mary Burchyett

9. Crochet

C. Home Décor and Afghans: Blue and white
baby Afghan, Nicole Hahn

14. Holiday Decorations

A. Autumn: Matching Scarecrows, Nicole Hahn

18. Needlepoint

B. Plastic: Pink bunk bed, Pauline Pennington

22. Quilts

G. Maching pieced: Mary Burchyett

25. Wall of Door Hanging

B. Other: Fabric Painting, Julie Hart

All of our winners listed above received Blue Ribbons for their efforts and are invited to participate at Area Judging on **April 5th at the Bullitt County Extension Office!**

If you are selected to go to Area judging please bring your items back to the Spencer County Extension Office by **April 3rd, 2024 by 3 PM.**

Viewing of the items will be from 1 - 2 pm that day.

Homemaker Leader Lesson

April: Time Well Spent organizing tips for increased productivity at the Spencer County Extension Office, April 24, 2024 at 1: 30 pm.

We are accepting donation for the Community Baby Shower at the Spencer County Extension Office. So far we have already collected 7 baby Afghans crocheted by Nicole Hahn. Thank you for your time and service. We will be accepting donations through September for the Baby Shower which will take place on October 4, 2024.



*** Any Homemaker Club announcements please email information to Ryan Linton by the first of the month at ryan.linton@uky.edu ***

Cooperative Extension Service

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Disabilities
accommodated
with prior notification.

KEHA Spring Events

- * April 1 - Area lesson schedules for 2024-25 are due to the KEHA State Advisor.
- * April 5 - is the postmark deadline for state officer and chairman credentials
(see KEHA Manual Appendix, pages 6-9).
President Elect; 2nd Vice President; Cultural Arts and Heritage Chair; Family and Individual Development Chair; International Chair
- * May 15 - Due date for 990N (e-postcard) or 990 tax return for groups with fiscal year ending December 31.
- * June 11 - Louisville Area Meeting at Mt. Washington
- * June 30 - KEHA program year ends. Volunteer hours are due. Please turn in to the Extension Office.
- * **State Meeting**
- * April 6 - Reservation deadline for the conference rate at the State Meeting Hotel.
- * April 9 - Postmark deadline for early registration fee for 2024 KEHA State Meeting.
- * April 23 - is the final postmark deadline for 2024 KEHA State Meeting registration.
- * May 7-9 - KEHA State Meeting: Blazing the Way with KEHA – Sloan Convention Center.
Spencer County Homemakers will be staying at the Hilton Garden Inn,
1020 Wilkinson Trace, Bowling Green, KY 42103

Spencer County Homemakers Meetings

Spencer County Homemaker Council Meeting - April 3, 2024 at 10 AM.

Spencer County Homemaker Annual Luncheon: meat, bread, and drinks will be provided - April 25, 2024, time TBD. Please bring a side and a guest.

Homemaker Groups

Patch worker Quilt Guild (4/2 & 4/16)

When: 1st and 3rd Tuesday of the month
Where: Spencer County Extension Office
Contact: Lani Kratzwald - (502) 797-1774
Time: 10 AM

Loyal Homemakers (4/11)

When: 2nd Thursday of the month
Where: Spencer County Extension Office
Contact: Wendi Bazemore - (502) 912-7372
Time: 10:30 AM

Bluegrass Basket Guild (4/11)

When: 2nd Thursday of the month
Where: Spencer County Extension Office
Contact: Nichole Hutchins- (502) 422-0719
Facebook: <https://www.facebook.com/groups/129924587048584>
Time: 4 PM

Waterford Homemakers (4/17)

When: 3rd Wednesday of the month
Where: Spencer County Extension Office
Contact: Judy Broyles - (502) 821-2108
Time: 10 AM

Gardening Association

Contact Vicki Clark - (859) 576-9104

Thread & Thimble (4/22) - RSVP

When: 4th Monday of the month
Where: Spencer County Extension Office
Contact: Gayle Browning - (502) 354-1151
Time: 10 AM

Bunco Group (4/2)

When: March 5th, 1st Tuesday of the month
Where: Spencer County Extension Office
Contact: Cindy Neely and Julie Hart
Time: 2PM - 4 PM
Note: Please bring a finger food to share!

Lunch Bunch (4/12)

When: 2nd Friday of the month
Where: Taylorsville Country Club
Contact: Beth Maxedon - (502) 477-2217
Time: 11 AM

Active Living (April 2, 9, 16, 23, 30)

When: Every Tuesday of the month
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Time: 10 AM

Cook Wild KY (April 1)

When: First Monday of the month
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Time: 5PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 	1 Cook Wild - 5 PM Cooking with fish, sampling available	2 Patchworkers Quilt Guild - 10 AM Bunco Group - 2 PM Active Living - 10 AM	3 Homemaker Council - 10 AM	4	5	6
7	8	9 Active Living - 10 AM	10	11 Loyal Homemakers - 10:30 AM Bluegrass Basket Guild - 4 PM	12 Lunch Bunch - 11 AM	13
14	15	16 Patchworkers Quilt Guild - 10 AM Active Living - 10 AM	17 Waterford Home- makers - 10 AM	18	19	20
21	22 Thread and Thimble - 10 AM	23 Active Living - 10 AM	24 Homemaker Leader Lesson - 1:30 PM Time well Spent: Organizing Tips for increasing productivity.	25 Spencer County Homemaker Luncheon - 10 AM	26	27
28	29	30 Active Living - 10 AM FINAL DAY TO SIGN UP FOR THE WALK KY PROGRAM.	1	2	3	4



Dijon Chicken Asparagus Roll Ups

3 tablespoons Dijon mustard	2 teaspoons dried thyme	4 skinless, boneless chicken breast halves (about 5 ounces each)
½ cup low fat mayonnaise	2 teaspoons black pepper	4 slices skimmed mozzarella cheese
1 lemon, juiced (approximately 3 tablespoons)	½ teaspoon salt	1 cup panko bread crumbs
	16 spears fresh asparagus, trimmed	



Preheat oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high. **Yield:** 4 servings
Nutritional Analysis:
370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

Banana “Ice Cream”



Ingredients

This incredibly easy recipe only requires a few ingredients!

All you need is

- 2 tablespoons of milk
- 2 bananas
- and any additional toppings that you would like such as peanut butter, sliced fruit, or coconut flakes for additional flavor and fun!

Directions

1. First you peel and slice the bananas, place in a freezer bag, and freeze overnight.
2. Blend banana pieces and milk in blender until smooth and creamy. (Turn blender off and shake or stir periodically if pieces aren't blending). It might take a few minutes for it to become the consistency of soft serve ice cream.
3. All that is left to do is enjoy your frozen treat!

Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Eat Smart to Play Hard: Chop Chop Summer 2019

This recipe will make about 1 cup of the “ice cream.” A serving size is one scoop and there are 4 servings.