

Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

January 2024



Cooperative Extension Service
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Homemaker Leader Lessons

January: Reducing the risk of identity theft (packet lesson). Copies will be available at the Spencer County Extension Office.

February: Transferring Cherished Possessions taught by Jane Proctor, Trimble County FCS Agent at the Spencer County Extension Office on February 28, 2024 at 1:30 pm.

March: Savor the Flavor Cooking with Spices taught by Carolina Perez, Jefferson County FCS Agent, and Elizabeth Coats, Shelby County FCS Agent at the Spencer County Extension Office on March 27, 2024 at 1:30 pm.

April: Time Well Spent organizing tips for increased productivity taught by Heather Toomes, Oldham County FCS Agent at the Spencer County Extension Office on April 24, 2024 at 1:30 pm.

 Mark your calendars for Wellness Day on March 16, 2024 from 10 am - 1 pm at the Spencer County Extension Office.

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

KEHA Spring Events

- * January 31 - Area Membership Recognition Reports
(including 50-year member and deceased member lists)
- * 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.

- * **March Cultural Arts**
 - * March 11 - Cultural Arts due to Spencer County by 4:30 pm for judging.
 - * March 15 - Area Showcase forms are due to the 1st Vice President (see KEHA Manual Appendix, page 31).
- * **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 Sloan Convention Center in Bowling Green, Kentucky.

Homemaker Groups

Patch worker Quilt Guild (1/2 & 1/16)

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

Loyal Homemakers (1/11)

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

Bluegrass Basket Guild (1/11)

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 (1/17)

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 (1/22) - RSVP

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

Bunco Group (1/2 & 1/16)


When: January 2nd and January 16th
Where: Spencer County Extension Office
Contact: Cindy Neely and Julie Hart
Time: (1st) 2 PM, (3rd) 5:30 PM
Note: Please bring a finger food to share!

Lunch Bunch (1/12)

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

Active Living (January 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 OFFICE CLOSED HAPPY NEW YEAR!	2 Active Living, 10 am Patch worker Guild, 10 am Bunco, 2 pm - 4 pm	3	4	5	6
7	8	9 Active Living, 10 am	10	11 Loyal Homemaker Group, 10:30 Basket Guild, 4 pm	12 Lunch Bunch at Fresh Take in Taylorsville, 11 am	13
14	15 OFFICE CLOSED HAPPY MLK DAY	16 Active Living, 10 am Patch worker Guild, 10 am Bunco, 5:30 pm - 7 pm	17 Waterford Home- makers, 10 am	18	19	20
21	22 Thread & Thimble, 10 am	23 Active Living, 10 am	24	25	26 Homemaker Council, 10 am	27
28	29 FCS Council Meet- ing: Inter-agency planning for Well- ness Day on March 16, 2024.	30 Active Living, 10 am	<p>Scan this QR code to join the Spencer County Homemakers Facebook Group to stay up to date and connected with what we are doing here in Spencer County!</p> 			



Hot and Sweet Frittata

3 tablespoons olive oil, divided

1 ½ cups peeled and cubed sweet potatoes

1 ½ cups diced sweet and hot peppers, or bell peppers

1 pound ground turkey sausage

½ cup shredded mozzarella cheese

12 medium eggs, beaten

¼ teaspoon salt

½ teaspoon black pepper

½ teaspoon crushed red pepper

Preheat oven to 375 degrees F. **Add** 2 tablespoons of olive oil to a large nonstick skillet, and **heat** to medium.

Add sweet potatoes and diced peppers. **Cook** uncovered until fork tender, about 10 minutes. **Remove**

from skillet. **Add** 1 tablespoon of olive oil to skillet. **Add** turkey sausage, and **cook** 5 to 7 minutes until cooked through. **Drain** off fat, if needed.

Generously **grease** an 8-by-8-inch baking dish. **Add** the sausage, peppers, and potatoes. **Sprinkle** with

cheese. In a bowl, **crack** eggs and lightly **beat**. **Add** salt, black pepper, and crushed red pepper to egg mixture. **Pour** eggs over peppers and potatoes. **Bake** uncovered for 25 to 30 minutes or until the mixture is set.

Yield: 8 servings

Nutritional Analysis:

290 calories, 18 g fat, 5 g saturated fat, 295 mg cholesterol, 610 mg sodium, 8 g carbohydrate, 1 g fiber, 3 g sugars, 0 g added sugars, 23 g protein.



RECIPE

Shepherd's Pie

- 2 large potatoes with skin, diced
- 1/3 cup skim milk
- 1/2 pound (85% lean) ground turkey
- 2 tablespoons flour
- 1 package (10 ounces) frozen mixed vegetables
- 1 can (14.5 ounces) low-sodium vegetable broth
- Shredded cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 375 degrees F.
3. Place potatoes in medium saucepan. Cover with water and bring to a boil. Reduce heat and simmer until tender (about 15 minutes).

4. Drain potatoes and mash. Stir in milk and set aside.
5. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
6. Add vegetables and broth. Bring to a slow boil.
7. Spoon vegetable and meat mixture into an 8-inch square baking dish. Spread potatoes over mixture.
8. Bake 25 minutes.
9. Serve hot. Garnish with shredded cheese (optional).
10. Refrigerate leftovers within 2 hours.

Makes 6 servings

Serving size: 1/6 of recipe

Nutrition facts per serving:

190 calories; 6 g total fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 90 mg sodium; 24 g total carbohydrate; 2 g dietary fiber; 4 g total sugars; 0 g added sugars; 10 g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

*Note: Nutrition analysis does not include cheese.

Source: Adapted from ONIE Project – Oklahoma Nutrition Information and Education