

Spencer County  
Family and Consumer  
Sciences Newsletter

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Cooperative Extension Service  
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**June/ July/ August 2024**

**Homemaker Summer Outings (RSVP is required, call (502) 477-2217)**

**June**

**When:** June 7th

**Where:** Minnie Naïve's Farm

**What:** A tour of the historic Naïve farm and a picnic. Mrs. Minnie will provide Naïve beef BBQ. The Extension Office will provide sweet and unsweet tea and paper products. She requests that you bring a lawn chair and a side dish of a vegetable, salad, or dessert.

**RSVP:** by June 3rd at (502) 477-2217

**July**

**When:** July 31st, leaving at 10 AM from the Spencer County Extension Office

**Where:** SPARK Community Café. **175 N Main Street, Versailles, KY 40383**

**What:** SPARK community café is a pay-what-you-can restaurant whose mission is simple: provide farm-to-table meals to all our guests, regardless of their ability to pay. We will have lunch at the café and Beth Maxedon will lead the lesson, Hunger in Kentucky: Know more, do more. Please carpool if possible to the restaurant.

**RSVP:** by July 8th at (502) 477-2217

**August**

**When:** August 22nd, starting at 11:45 AM

**Where:** Derby Dinner Playhouse. **525 Marriott Drive, Clarksville, IN 47129**

**What:** Presenting "Jersey Boys" at the Derby Dinner Playhouse. The cost to attend is \$40.00 per person which includes the meal and show, *please bring a check made payable to Judy Broyles, this event is non-refundable*. Please carpool if possible to the event

**RSVP:** by June 28th by calling Judy at (502) 821-2108.

**Ovarian Cancer Screening**

For those registered, meet Beth at Cracker Barrel in Frankfort at 11am on June 13th. The address is **161 Bizzack Blvd, Frankfort, KY 40601**. The appointment time is at 1:30 PM at the Ovarian Cancer Clinic, located at the UK Markey Cancer Center, **800 Rose St., Room 375, Lexington, KY 40536**. Please carpool if possible to this event.

## KEHA Summer Events

### June 11

Louisville Area Meeting at MillaNova Winery in Mt. Washington.

### June 30

KEHA program year ends. Volunteer hours are due. ***Please turn in all volunteer logs to the Extension Office by July 3, 2024.***

### August 16

Spencer County Homemaker Council meeting at 10 AM.

## Congrats KEHA Cultural Arts Participants!

3. Art, Natural

A. Wood: Craig Neely, Blue Ribbon

18. Needlepoint

B. Plastic: Pauline Pennington, Blue Ribbon

22. Quilts

G. Machine pieced: Mary Burchyett, Blue Ribbon

Thank you to all our homemakers who participated in the Spencer County, Louisville Area, and KEHA Cultural Arts!

Spencer County Fair entry will be Wednesday, July 17 from 4-7 PM, and Thursday, July 18 from 10 AM-1 PM with judging starting at 1PM. Entries will be released on Sunday, July 21st from 1:30-2:30 PM.

**The Spencer County Fair needs volunteers from July 17th - July 20th. If you would like to sign up please talk with Beth Maxedon.**

## Homemaker Groups

### Patch worker Quilt Guild

**(6/4, 6/18) (7/2, 7/16) (8/6, 8/20)**

When: 1st and 3rd Tuesday of the month

Where: Spencer County Extension Office

Contact: Lani Kratzwald - (502) 797-1774

Time: 10 AM

### Loyal Homemakers (summer outings)

Contact: Wendi Bazemore - (502) 912-7372

### Bluegrass Basket Guild (6/13) (7/11) (8/8)

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 (summer outings)

Contact: Judy Broyles - (502) 821-2108

### Gardening Association

Contact Vicki Clark - (859) 576-9104

### Thread & Thimble (6/24) (7/22) (8/26)

When: 4th Monday of the month

Where: Spencer County Extension Office

Contact: Gayle Browning - (502) 354-1151

Time: 10 AM

### Bunco Group (6/4) (7/9) (8/6)

When: 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

When: 2nd Friday of each month

Where: Little Mt Lavender, Simpsonville (6/14)

Where: Tokyo Asian Fusion, Shelbyville (7/12)

Where: Silver Cup, Taylorsville (8/9)

Contact: Beth Maxedon - (502) 477-2217

Time: 11 AM

### Active Living

When: Every Tuesday of June, July, and August.

Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Time: 10 AM

### Cook Wild KY (6/3) (8/5)

#### RSVP the week before

When: First Monday of June and August

Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Time: 5PM

What: "Thrill of the Grill", bring a side dish.

\*\*\*For Homemaker Club announcements and changes, email Ryan Linton by the first of the month at [ryan.linton@uky.edu](mailto:ryan.linton@uky.edu)\*\*\*

# The Bluegrass Basket Guild 3rd Annual Basket Bonanza

When: September 13 - 14

Where: Spencer County Extension Office,  
100 Oak Tree Way  
Taylorsville, KY 40071

How: Fill out a registration form available on the Bluegrass Basket Guild Facebook page or the Spencer County Extension office website.

<https://www.facebook.com/groups/129924587048584> - Bluegrass Basket Guild Facebook

<https://www.spencer.ca.uky.edu> - Spencer County Cooperative Extension Office website

1. Choose your favorite baskets for each day. Some kits and basket making goodies will be available for purchase during the weekend.
2. Print and fill the form out and send it with your postdated checks or money orders.
3. Make a check or money order for \$35.00 to *Bluegrass Basket Weavers*, this is to cover meals and registration.
4. Make a check or money order to each tender for your 1st choice baskets for the class cost and **POST DATED for the day of the class!**
5. Send a self-addressed, stamped 4x9 envelope with your checks or money orders for the teachers, as well as registration fee and completed registration form to:

**Bluegrass Basket Guild**  
**251 Cotton Lane**  
**Taylorsville, KY 40071**  
**ATTN: Jamie Prather**

\*NOTE\* There are no refunds. You will need to plan to pick up your kit or have it mailed to you at your expense.

There are classes offered to students of all skill levels from Beginner to Advanced.

Beginner weavers: Have little, or no weaving experience having woven only a few baskets. They need more practice with basic weaving techniques, bases and shaping. These weavers are becoming proficient in basic weaving techniques, including over/under weaving, start/stop weaving, twining, and rim lashing. They are learning to control shape and will be introduced to new pattern weaves such as twill, different twinning methods, and rim and handle finish variations.

Intermediate weavers: Weavers have proficiency in weaving techniques. They can begin with ease and have mastered several weaving techniques. They do not have difficulty setting up bases, twining, completing over/under weaves and creating rims using the materials offered in a class.

Advanced weavers: They have mastered weaving techniques and are ready to take on more challenging projects. Teachers are confident these students have achieved this skill level when attending class. Basic skills are not reviewed due to time constraints. These weavers can design baskets on their own but require new challenges.

**On Friday, September 13, Lorelea Robert's husband will be here to collect any scissors that you would like to have sharpened. He will return them to their owners on Saturday before the retreat ends. It will cost \$5 per pair to have them sharpened.**

## Additional information

### Taylorsville Farmer's Market

When: Every Saturday from 8AM - 12PM. From 9/28 until 10/26 from 9AM - 12PM.

Where: Fresh Take Market, 751 Taylorsville Road, Taylorsville, KY 40071

What: Vendors sell a wide variety of products, including meats, cheeses, jams, jellies, honey, breads, goat milk, soaps, lotions, candles, and other produce. Come on out to support our local producers, they are the ones growing what you are buying. For more information on the market contact Sandi Deutsch at (502) 252-1400.

### Walk Kentucky

You are still able to sign up for Walk Kentucky! Please turn in your registration to the Extension Office as soon as possible. At the front desk you can pick up log sheets to track your activities on, **these log sheets will be due back by the first week in July.**

We walk together in May, Join us at the Extension Office on May 21 and 28 from 9 - 10 AM (weather permitting).

### Free Children's Fest

On July 12, 2024 from 1-4 PM, the North Central Health District will be hosting a Children's Day at the Renaissance Fairgrounds. There will be activities like face painting, bouncy houses, medieval-themed games, and even a joust! There will also be food and drink to enjoy. We hope to see you there for a fun-filled day of activities for the kids!



## Farmers Market Squash Sauté

**2 cups** whole grain rotini pasta  
**3** boneless chicken breasts  
**1 tablespoon** olive oil  
**2 medium** zucchini, diced  
**4 medium** carrots, peeled and diced

**2 medium** yellow squash, diced  
**2** garlic cloves, minced  
**2 tablespoons** fresh chopped basil  
**¾ cup** light Alfredo sauce  
**2 tablespoons** shredded Parmesan cheese

**Cook** pasta according to package directions. **Roast** chicken breasts at 400 degrees F to an internal temperature of 165 degrees F, about 25-35 minutes. **Dice** chicken into bite sized pieces. In a large sauté pan, **add** olive oil, zucchini and carrots. **Sauté** until slightly cooked. **Add** yellow squash and garlic and **sauté** until all vegetables are tender. **Remove** from heat and **stir** in basil, diced chicken and pasta. **Add** Alfredo

sauce and **toss** until ingredients are evenly coated. **Reheat** by **tossing** the ingredients in the sauté pan for 3-5 minutes over medium heat. **Sprinkle** with Parmesan cheese and **serve**.


**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 230 calories, 7 g fat, 2.5 g saturated fat, 40 mg cholesterol, 210 mg sodium, 27 g carbohydrate, 4 g sugars, 18 g protein.

# The month of June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 	27	28	29	30	31	1
2	3 Cook Wild - "Thrill of the Grill" - 5PM R.S.V.P for the Native Farm Tour and picnic.	4 Patchworkers Quilt Guild - 10 AM <b>Bunco Group-2 PM</b> Active Living- 10AM	5	6	7 Homemaker Outing at the Naïve Farm!	8 Farmer's Market Dairy Month. Fresh Take from 8AM - 12PM
9	10	11 Active Living - 10AM Louisville Area Homemaker Meeting at MillaNova Winery in Bullitt Co	12	13 Bluegrass Basket Guild - 4 PM Ovarian Cancer Screening in Lexington.	14 Lunch Bunch - 11AM at Little Mount Lavender.	15
16	17	18 Patchworkers Quilt Guild - 10 AM Active Living - 10AM	19	20	21	22
23	24 Thread and Thimble - 10AM	25 Active Living - 10AM	26	27	28	29
30 KEHA Program Year Ends, Volunteer Hours Due.						

# The month of July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> 	<b>1</b>	<b>2</b> Patchworker Quilt Guild - 10AM <b>Bunco Group-2PM</b> Active Living - 10AM	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> Active Living - 10AM	<b>10</b>	<b>11</b> Bluegrass Basket Guild – 4 PM	<b>12</b> Lunch Bunch - 11AM at Tokyo Asian Fusion in Shelbyville.	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> Patchworker Quilt Guild - 10AM Active Living - 10AM	<b>17</b>	<b>18</b> Spencer County Fair Entry Day, 10AM - 1 PM	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Thread and Thimble - 10AM	<b>23</b> Active Living - 10AM	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> Active Living - 10AM	<b>31</b> SPARK Community Café, “Hunger in Kentucky: Know more, do more” In Versailles, KY.	<b>1</b>	<b>2</b>	<b>3</b>

# The month of August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 	29	30	31	1	2	3
4	5 Cook Wild	6 Patchworkers Quilt Guild - 10AM <b>Bunco Group-2PM</b> Active Living - 10AM	7	8 Bluegrass Basket Guild - 4 PM	9 Lunch Bunch - 11AM at Silver Cup in Spencer County.	10
11	12	13 Active Living - 10AM	14	15	16 <b>Homemaker Council Meeting - 10 AM</b>	17
18	19	20 Patchworkers Quilt Guild - 10AM Active Living - 10AM	21	22 Homemaker Outing to Derby Dinner Playhouse.	23	24
25	26 Thread and Thimble - 10AM	27 Active Living - 10AM	28	29	30	31



# Tomato Basil Salad

- ¼ cup** fresh basil leaves
- 1** pint cherry, grape or other salad tomatoes, halved (2 cups)
- 1** large cucumber, chopped (2 cups)
- 3** green onions, chopped (½ cup)
- 1** small yellow bell pepper, seeded and diced

- 3 tablespoons** crumbled, fat free feta cheese
- 3 tablespoons** olive oil
- 2 tablespoons** white balsamic or white vinegar
- Salt and freshly ground pepper

**Roll** basil leaves lengthwise and **cut** across into ¼ inch strips. **Combine** basil, tomatoes, cucumber, green onions, bell pepper and cheese in large bowl. **Whisk** olive oil with vinegar. **Drizzle** over salad ingredients and lightly **toss** to cover. **Season** with salt and pepper to taste.

**Yield:** 4, 1 cup servings

**Nutritional Analysis:**  
150 calories, 10 g fat, 1.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 11 g carbohydrate, 2 g fiber, 5 g sugars, 3 g protein.

# Italian Chicken Summer Squash Skillet

- 1** red bell pepper, diced
- 1** yellow bell pepper, diced
- 1** sweet onion, diced
- 2** large tomatoes, diced
- 3-4** garlic cloves, finely diced

- 3** medium summer squash, sliced crosswise
- 1 cup** whole grain rotini pasta, uncooked
- 1¼ pounds** boneless skinless chicken breast
- Nonstick cooking spray

- 1** (8-ounce) can tomato sauce
- 2 tablespoons** dried Italian seasoning
- ½ cup** shredded Parmesan cheese
- Salt and pepper, to taste

**Slice** squash into ¼ inch pieces. **Combine** all vegetables, with garlic in a bowl. **Set** aside. **Cook** pasta according to package directions. **Cut** chicken into bite size pieces. **Spray** large nonstick skillet with cooking spray; **heat** to medium. **Add** chicken; **cook** 6 minutes or until no longer pink, stirring occasionally. **Add** vegetable mixture to the skillet. **Add** tomato sauce and dried Italian seasoning. **Stir** well. **Increase** heat, **cover** and **bring**

to a boil. **Reduce** heat to medium; **cook** 10 minutes or until summer squash is tender, stirring occasionally. **Stir** cooked pasta into chicken/vegetable mixture. **Sprinkle** with cheese. Season as needed.

**Yield:** 8 servings

**Nutritional Analysis:** 200 calories, 4.5 g fat, 2 g saturated fat, 50 mg cholesterol, 300 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugars, 20 g protein.



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

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