

Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

March 2024



Cooperative Extension Service
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Shoutout to our Bluegrass Basket Guild for their awesome community service project!

They made 85 tissue baskets at their last meeting for the Signature Care Senior Center in Taylorsville. They plan to bring them 100 just in time for the allergy season to hit.



Shoutout also to Loyal Homemakers for their community service project. They made Valentine's Day gift bags and delivered them to Signature Care residents who did not have family visits.

Thank you to the Loyal Homemakers and the Bluegrass Basket Guild for all the wonderful work you all do to serve our Taylorsville/ Spencer County community.

Homemaker Leader Lessons

March: Savor the Flavor Cooking with Spices taught by Carolina Perez, Jefferson County FCS Agent, and Elizabeth Coots, 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. Spencer County Extension Office, April 24, 2024 at 1:30 pm.

Cultural Arts Projects

Cultural Arts Projects are due by **March 11, 2024** to the Spencer County Extension Office. After judging please pick up your items by **March 15, 2024** anytime between 8:30 AM - 3:30 PM.

If selected at the county level they will move on to the Louisville Area and be judged on **April 5th at the Bullitt County Extension Office**. Viewing of the items will be from 1 - 2pm that day.

If you are selected to go to Area judging please bring your items back to the Spencer County Extension Office by **April 4th, 2024 by 3 PM**.

If you plan to submit an item for judging it must include *the category you would like to enter it in, your name, and your phone number* in order for it to be considered eligible.

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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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 Sloan Convention Center in Bowling Green, Kentucky.

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 (3/5 & 3/19)

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

Loyal Homemakers (3/14)

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

Bluegrass Basket Guild (3/14)

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 (3/20)

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 (3/25) - RSVP

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

Bunco Group (3/5)

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 (3/8)


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

Active Living (March 5, 12, 19, 26)

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

Cook Wild KY (Cancelled)

There will be no Cook Wild in March! Look out for our next meeting in April.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 	26	27	28	29	1	2
3	4	5 Patchworkers Quilt Guild - 10 AM Bunco Group- 2pm Active Living - 10 AM (Beth out, member led)	6	7	8 Lunch Bunch - 11 AM meeting at Hometown Pizza in Taylorsville.	9
10	11 Cultural Arts Projects are due to the Extension Office by 3 PM.	12 Active Living - 10 AM (Beth out, member led)	13	14 Loyal Homemakers - 10:30 AM Bluegrass Basket Guild - 4 PM	15 Please pick up Cultural Arts projects between 8:30 AM - 3:30 PM	16 Free Community Wellness Day! 10 AM - 1 PM Call (502) 852-6318 to schedule a mammogram.
17	18 KEHA/ Louisville Area Homemaker Council Board Meeting - 10 AM at Shelby County.	19 Patchworkers Quilt Guild - 10 AM Active Living - 10 AM	20 Waterford Homemakers - 10 AM	21	22	23
24	25 Thread & Thimble - 10 AM	26 Active Living - 10 AM	27 - R.S.V.P. Homemaker Leader Lesson - 1:30 PM Savor the Flavor, Spices, with Carolina Perez and Elizabeth Coots	28	29	30
31						

Strawberry Green Tea



13 cups water

13 green tea bags, regular size

1 pound fresh strawberries

1 cup honey

1 lemon, optional

1. Wash strawberries and remove the tops.

2. Chop the berries with a hand chopper in a large pot.

3. Add water to the chopped berries and bring to a boil, stirring occasionally.

4. Remove from heat and let mixture cool for 5 minutes.

5. Add tea bags and submerge. Steep tea for 2 to 3 minutes.

6. Strain the tea through a mesh

strainer or cheesecloth lined colander into a 1 gallon pitcher.

7. Add honey and stir until dissolved.

8. Chill and serve.

9. Garnish with a lemon slice or a fresh strawberry if desired.

Yield: 16, 8 ounce servings.

Nutrition Analysis: 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.

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



Spring Vegetable Saute

Ingredients

-1 teaspoon olive oil

-1/2 cup sliced sweet onion

-1 garlic clove, minced

-3 new quartered potatoes

-3/4 cup sliced carrot

-3/4 cup asparagus pieces

-3/4 cup sugar snap peas

-1/2 cup radishes, quartered

-1/4 teaspoon salt

-1/4 teaspoon black pepper

-1/2 teaspoon dill, dried

Source: US Department of Health and Human Services, National Cancer Institute

Directions

1. Wash hands with soap and water.

2. Heat oil in skillet. Cook onion for ~ 2 minutes, then add garlic and cook ~ 1 minute.

3. Stir in potatoes and carrots. Cover at low heat and cook until tender, ~ 4 minutes.

4. If vegetables start to brown, add tablespoon or two of water.

5. Add asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender, ~ 4 minutes.

6. Serve immediately.