

Spencer County Family and Consumer Sciences Newsletter

May 2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service

Spencer County
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More Information

As always, if you need more information, feel free to **call us** at 477-2217. You can also **email Beth** at eliza-beth.maxedon@uky.edu or **visit our website** to view archived newsletters and news articles at: www.spencerextension.com

Highlight on Waterford Homemaker's Club

June - Belle of Louisville Trip, day to be announced.
July - Tour of Roots 101 in Louisville, regular meet time.
August - Shopping in Bardstown regular meet time.

Upcoming Events

Ovarian Cancer Screenings, May 16, 2023, 10AM @ Extension Office. If ride is needed call office by 5/11/23. Will meet at Cracker Barrel in Frankfort for lunch.

Ovarian Cancer Screenings, May 18, 2023, 11AM @ Extension Office. If ride is needed call office by 5/11/23. Will meet at Cracker Barrel in Frankfort for lunch.

KEHA Louisville Area Meeting on June 13, 2023, at Richwood on the River. (see flyer)

Walk Kentucky program individual or group. 6/1/23-8/1/23. (See flyer.)

Super Star Chef: Underserved youth ages 9-18 will take place at Spencer Extension Office 6/26-6/28 from 10am-2pm for 20 youth.

Bingocize at Spencer County Extension office starting June 29, 2023 and ending on August 3, 2023 (off 7/4/23, 7/25, 7/27) Tuesdays & Thursdays at 10am. About 45 minutes.

Health fair/ Readifest, back to school items, on 7/29/23 at High School parking lot.

Spencer County Fair starts 7/12/23, volunteers needed.

KEHA leadership Academy at Shelby County on 8/2/23.

Community baby shower on 9/29/23, at 11am-12pm, volunteers needed

Congratulations to our Homemakers who had entries for the Spencer County and Louisville Area Cultural Arts!

- 2nd Category, Art, 3-Dimensional, Subcategory B, Sculpture
Julie Hart, Plaster mask, Awarded Blue Ribbon at Spencer County and at Louisville Area
- 3rd Category, Art, Natural, Subcategory B, Other
Julie Hart, Poem and painting on natural, handmade paper, Awarded Blue Ribbon at Spencer County & Louisville Area
- 4th Category, Art, Recycled, Subcategory B, Household
Diane Fischer, Boy scout uniform pillow, Awarded Blue Ribbon at Spencer County and Louisville Area
- 5th Category, Basketry, Subcategory B, Dyed Material
Brenda Hagan, Pie Carrier, Awarded Blue Ribbon at Spencer County and Louisville Area
Nichole Hutchins, Original pattern, dyed and natural reed, Awarded Red Ribbon at Spencer County & Louisville Area
- Subcategory D, Novelty
Nichole Hutchins, Carolina Star Red and Blue Snow flake, Awarded Blue Ribbon at Spencer County
- Subcategory E, Plain
Nichole Hutchins, Original Nativity Design, Awarded Blue Ribbon at Spencer County & Red Ribbon at Louisville Area
- 9th Category, Crochet, Subcategory D, Thread
Denise Montgomery, AMERICA design, Awarded Red Ribbon at Spencer County and Louisville Area
Denise Montgomery, HOME SWEET HOME design, Awarded Blue Ribbon at Spencer County and Red Ribbon at Louisville Area
- 12th Category, Embroidery, Subcategory D, Machine
Gayle Browning, Chicken Backpack, Awarded Blue Ribbon at Spencer County and Red Ribbon at Louisville Area
- 14th Category, Holiday Decorations, Subcategory D, Winter
Nicole Hahn, Handmade Christmas basket, Awarded Blue Ribbon at Spencer County
- 19th Category, Painting, Art, Subcategory A, Acrylic
Nichole Hutchins, Self-inspired Flowers, Awarded Blue Ribbon at Spencer County and Third Place at Louisville Area
- 22nd Category, Quilts, Subcategory I, Novelty, machine quilted
Gayle Browning, Dollhouse quilt, Awarded Blue Ribbon at Spencer County and Louisville Area
- 25th Category, Wall or Door Hanging, Subcategory B, Other
Nichole Hutchins, Wood derby horse with spring ribbon, Awarded Red Ribbon at Spencer County

Special mention to Julie Hart, Brenda Hagan, Gayle Browning, and Diane Fischer for their success at the Louisville Area Cultural Arts Day, they will be going on to the Kentucky Extension Homemakers Association state meeting, May 9th - May 11th, in Louisville.



May - Mental Health Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Cook Wild Ky @ 5PM RSVP by calling 477-2217	2 Patchwork Quilt Guild @ 10AM Bingocize @ Multipurpose @ 11AM	3	4 Bingocize @ Multipurpose @ 11AM Hillview Academy, Job skills & budget	5	6
7	8	9 KEHA STATE MEETING 5/9-5/11	10	11 Loyal Homemakers @ 10:30 AM Bluegrass Basket Guild @ 4PM Bingocize @ Multipurpose @ 11AM	12 Hillview Academy, Sewing and Ironing Register for Walking Kentucky	13
14	15	16 Ovarian Cancer Research, meet at Extension Office at 10 AM if a ride is needed, RSVP.	17 Waterford Home makers @ 10AM	18 Ovarian Cancer Research, meet at Extension Office at 11 AM if a ride is needed, RSVP.	19	20
21	22 Thread & Thimble @ 10AM @ Extension	23	24	25	26	27
28	29 Memorial Day!	30	31	June 1st	2 Louisville Area Homemaker Annual Meeting is on 6/13/23, in Milton, KY.	3

Patch worker Quilt Guild (5/2/23)

First Tuesday of the month - 10AM @ the Extension Office
Lani Kratzwald (502) 797-1774

Loyal Homemakers (5/11/23)

Second Thursday of the month - 10:30AM @ the Extension Office
Diane Fischer (502) 902-1717

Bluegrass Basket Guild (5/11/23)

Second Thursday of the month - 4PM @ the Extension Office
Nichole Hutchins (502) 422-0719
Facebook: <https://www.facebook.com/groups/129924587048584>

Waterford Homemakers (5/17/23)

Third Wednesday of the month - 10AM @ the Extension Office
Judy Broyles (502) 821-2108

Thread & Thimble (5/22/23)

Fourth Monday of the month - 10AM @ the Extension Office
Gayle Browning (502) 354-1151

Gardening Association (TBD)

Contact Vicky Clark about dates and times (859) 576-9104

Cook Wild KY (5/1/23) - RSVP BY 4/28 @ (502) 477-2217

First Monday of the month - 5PM @ the Extension Office
RSVP beforehand by calling (502) 477-2217
Will be covering rubs and marinades, samples offered.

Bingocize at Multipurpose (5/2; 5/4; 5/11)

The Bingocize Program takes place every Tuesday and Thursday from 11AM - 12PM at the Multipurpose Senior Citizen Center. Bingocize includes chair exercises and stretching with music, as well as fun prizes while playing bingo!

Address: 44 Creek Side Dr, Taylorsville, KY 40071
Phone: (502) 477-8296



Dollhouse Quilt made by Gayle Browning

Pasta Primavera

Ingredients

- 1 cup of noodles
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons Parmesan cheese

Directions

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and saute until tender, stir constantly.
4. Add tomato and saute 2 more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings; sprinkle with Parmesan cheese.

Source: Utah State University Cooperative Extension

Tan basket made by Brenda Hagan



Boy Scout uniform pillow made by Diane Fischer



Plaster mask made by Julie Hart





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RETURN SERVICE REQUESTED



Bar-B-Que Sweet Potato Nachos

Ingredients:

2 sweet potatoes, washed and sliced into 1/4 inch rounds
2 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 red onion, diced
1 can black beans, drained and rinsed
1/2 bell pepper, diced
1/2 avocado, pit removed and diced

Dressing:

1 1/2 tps lemon juice
1/2 cup plain Greek yogurt
1 1/2 tbs BBQ sauce
1/2 tsp chili powder

Directions:

1. Preheat oven to 425 degrees F.
2. Spread sweet potato rounds onto a large sheet pan and toss with olive oil, salt, and pepper.
3. Roast potatoes for 10-15 minutes, toss and continue roasting for another 10-15 minutes. Meanwhile, combine ingredients for dressing in small bowl.
4. Remove sweet potatoes from oven. Sprinkle onion, black beans, bell pepper, and avocado over the sweet potatoes and let cool.
5. Drizzle with dressing or use dressing to dip.

Source: Katie Shoultz, NEP Marketing and Media Specialist, UK CES