

Spencer County Family and Consumer Sciences Newsletter



Cooperative Extension Service
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Beth Maxedon, Spencer County FCS Agent

October 2023

Spencer County Extension Homemakers:

The Spencer County Homemakers will be celebrating Homemakers Week on October 9 - 13, 2023. We wanted to share our Community information about our organization and invite anyone to join us. We currently have seven clubs - two traditional clubs and Quilting, Basket, Gardening, Sewing, and Bunco Groups that meet monthly. Our organization has been in existence for 70 years. Our purpose is to create awareness of the needs of families in the home, community, state, nation, and world. Members focus on their own homes and family but also contribute to many outreach projects in our community and beyond. We offer help with Habitat for Humanity, 4-H, Tree of Life, Backpack Buddies, Project Graduation, Water Step, Special Olympics, Animal Shelter, Community baby shower, Dare to Care, and many other groups. We have made lap blankets and other items for our local Nursing Home. We have made items for the Family Resource Center and are currently making dresses to be distributed by National Health Organizations. We try to help wherever we see a need.

Come join us. Our dues are \$12.00 per year. Many wonderful friendships have been formed and good works have been done over these many years. Call (502) 477-2217 for more information.

Sincerely,
Spencer County Homemaker's Council



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

Homemaker Groups

Patch worker Quilt Guild (10/3 & 10/17)

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

Loyal Homemakers (10/12)

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

Bluegrass Basket Guild (10/12)

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 (10/18)

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

Thread & Thimble (10/23)

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

Bunco Group

When: October 3rd/ October 17th
Where: Spencer County Extension Office
Contact: Cindy Neely and Julie Hart
Time: (1st) 2:30 PM, (3rd) 5:30 PM
Note: Please bring a finger food to share!

Lunch Bunch (10/13)

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

Gardening Association

Contact: Vicky Clark - (859) 576-9104



Community Assessment Survey

Take our ten minute state wide survey to help us develop programs addressing needs in your community. With direction from you we can continue *real* work that matters to *real* people.

People like you.



Scan the code above or visit:
go.uky.edu/serveKY

Scan this QR
Code
to join the
Homemakers
Facebook page!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 1	2 Cook Wild - 5:30 pm Bring a dish to share, BBQ sandwiches provided	3 Patch worker's Quilt Guild - 10 am Bunco Group - 2:30pm Active Living - 10 am	4	5 FCS Council with community partners - 9 am	6	7
8	9 KEHA WEEK	10 KEHA WEEK Active Living - 10 am	11 KEHA WEEK	12 KEHA WEEK Loyal Homemakers - 10 :30 am Bluegrass Basket Guild - 4pm	13 KEHA WEEK Lunch Bunch - 11am @ DQ in Taylorsville	14
15	16	17 Patch worker's Quilt Guild - 10 am Bunco Group - 5:30pm Active Living - 10 am	18 Waterford Home- makers - 10 am	19 Homemaker Council - 10 am Great ShakeOut Earthquake Drill	20	21
22	23 Thread & Thimble - 10 am	24 Active Living - 10 am	25	26	27	28
29	30	31 Happy Halloween! Active Living - 10 am	1	2	3	4

Fall Recipes



Autumn Apple Pork

Ingredients

2 pound pork loin
1 teaspoon garlic powder
1/4 teaspoon salt
3/4 teaspoon dried sage
3 apples, cored, sliced
1/2 cup dried cranberries
1 tablespoon unsalted butter
1 tablespoon honey

Source:

Brooke Jenkins-Howard,
Extension Specialist,
University of Kentucky
Cooperative Extension Service

Directions:

1. Season pork on both sides with garlic powder, salt, and sage. Wrap pork tightly in foil and place in the slow cooker.
2. Place apple slices, cranberries, and butter on a large piece of foil. Drizzle with honey. Wrap foil to create a packet. Place in slow cooker.
3. Cook 4 hours on high.
4. Unwrap both packets. Slice pork and top with apples.
5. Optional step: brown the top of the pork loin by placing it in the oven at 425 degrees F for five to seven minutes.



Cabbage Rolls

12 cabbage leaves	1 teaspoon garlic salt	1/4 cup chopped green pepper
1 pound lean ground beef	1/4 teaspoon pepper	1 teaspoon sugar
1 cup cooked brown rice	1/2 teaspoon dried basil	1 tablespoon cornstarch
1 (15 ounce) can tomato sauce	1/2 teaspoon dried oregano	1 tablespoon water
	1/2 cup chopped onion	

Cover cabbage leaves with boiling water. Let **stand** until leaves are limp, about 4 minutes. **Drain**. When cool, **trim** away excess ridge on leaf for easier rolling. **Mix** beef, rice, 1/2 cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. **Put** 1/3 cup in each leaf, starting at leaf end; **roll**, tucking in the sides. **Place** seam side down in a 9-by-11-inch baking dish. **Mix** remaining tomato sauce with the sugar, **pour** over rolls. **Cover** and **bake** at 350 degrees F for

1 hour. **Remove** cabbage rolls from baking dish, **pour** juice in a saucepan. **Mix** cornstarch and water; **stir** into saucepan. **Heat** and **stir** until mixture boils, **cook** 1 minute. **Serve** sauce with cabbage rolls.

Yield: 6 servings, 2 rolls each

Nutritional Analysis: 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.

Plate it up!

