

Spencer County Family and Consumer Sciences Newsletter



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

Cooperative Extension Service
Spencer County
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July 2023



More Information

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

Beth Maxedon, Spencer County FCS Agent

Summer Updates

Highlight on Waterford Homemaker's Club

July - Tour of Roots 101 in Louisville, regular meet time.
(Contact Toni Perry for time, cost, and to RSVP)
August - Shopping in Bardstown regular meet time.
(Contact Judy Broyles to RSVP)

Highlight on Thread and Thimble

July - Knit T-shirts
August - Cutting Day for September Dress Project
September - 18th, Dress Making Day.
September - Regular meeting time will be starting a quilt.

Highlight on Bluegrass Basket Guild

July - All-American baskets, taught by Shirley Thomas
Cost: \$55, for more information contact (502) 477-2335
August - UFO Night, regular time
September - Mini Retreat, September 22 - 23

Highlight on Loyal Homemaker's Club

July 20th at 11:30AM. Contact Diane Fischer for RSVP.
Black Olive Restaurant in Louisville
2745 Crittenden Drive
Louisville, KY 40209

Spencer County Fair Exhibit Information

Enter Exhibits at the Spencer County Fairgrounds at the Exhibit Hall, 895 Fairgrounds Road
Wednesday, July 12th - 4-7pm
Thursday, July 13th - 10am - 1pm
Pick up Exhibits - Sunday, July 16th - 1:30-2:30pm

Calling for volunteers for the Spencer County Fair on July 11th for preparing the exhibit hall and July 16th for tearing down the exhibit hall! If you would like to volunteer please contact Beth Maxedon at (502) 477-2217 or at elizabeth.maxedon@uky.edu

Spencer County Fair

895 Fairgrounds Road
Taylorsville, KY 40071
(502) 477-9992
spencercountyfair.org

Calendar of Events

Friday, July 14th

7:00 PM - Exhibits, Horse Pull, Drag Racing

Saturday, July 15th

9:00 AM - Swine show
2:00 PM - Lamb show, BBQ Cook off
4:00 PM - Goat Show
7:00 PM - Exhibits, Bull riding, Cupcake wars

Wednesday, July 19th

7:00 PM - Pedal Pull, Teen, Miss, Elite,
and Mrs. Pageants, Garden Tractors

Thursday, July 20th

7:00 PM - Bouncy houses, Obstacle course, Pedal Pull, Beef Show, Little Mr./Miss., Exceptional, and Pre-teen Pageant, Truck Tug

Friday, July 21st

7:00 PM - Bouncy houses, Obstacle course, Pedal pull, Southland dairy display, Dairy show, Baby and Toddler Show, KITPA Pull

Saturday, July 22nd

7:00 PM - Bouncy houses, Obstacle course, Pedal Pull Championship, Poultry and Rabbit Show, Talent Contest, Demo Derby

Saturday, July 29th

4:00 PM - Horse Show



July - Culinary Arts Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 HAPPY FOURTH OF JULY!!!	5	6 Bingocize - 10AM	7	1 _____
9	10	11 Preparing Exhibit Hall for County Fair. If you would like to volunteer contact Beth.	12 County Fair begins!	13 Bluegrass Basket Guild - 4PM	14	8
16 Closing Exhibit Hall. If you would like to volunteer contact Beth.	17	18 Patchworker Quilt Guild—10AM Bingocize - 10AM	19	20 Bingocize - 10AM Loyal Homemaker Outing - 11:30AM	21 Water bath Canning - 10AM (spots limited)	22
23	24 Thread & Thimble - 10AM	25	26	27	28	29 Healthfair/ Readifest at SCHS
30	31	August 1st Walk KY Program ends. Bingocize - 10AM	2	3	4	5

Patch worker Quilt Guild (7/18/23)
Third Tuesday of the month - 10AM @ the Extension Office
Lani Kratzwald (502) 797-1774

Loyal Homemakers - summer outings July and August.
Contact Diane Fischer, (502) 902-1717 for summer outing info.

Bluegrass Basket Guild (7/13/23)
Second Thursday of the month - 4PM @ the Extension Office
Nichole Hutchins (502) 422-0719
Facebook: <https://www.facebook.com/groups/129924587048584>

Waterford Homemakers - summer outings July and August.
Contact Judy Broyles, (502) 821-2108 for summer outing info.

Thread & Thimble (7/24/23)
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

Walk Kentucky program, individual or group.
6/1/23-8/1/23.

Bingocize at Spencer County Extension office - 10AM
If you have any questions please contact Beth Maxedon.
On the following dates: 7/6, 7/18, 7/20, 8/1, 8/8, 8/10, 8/15, 8/17, 8/22, 8/24, 8/29, 8/31, 9/5.

Waterbath Canning will be taught by Beth Maxedon on July 21, 2023 at 10am. Spots are first come, first serve.
Contact the Extension Office to RSVP, (502) 477-2217.

Spencer County Fair starts 7/12/23, volunteers needed on 7/11.

Health fair/ Readifest on 7/29/23 at 9AM at SCHS.

KEHA leadership Academy at Shelby County on 8/7/23, 10AM

Homemaker Council on 8/23/23 at 10AM
All officers and club presidents please make sure to attend.

Community Baby Shower on 9/29/23, at 11am-12pm,
volunteers needed.

Bluegrass Basket Guild's 2nd Annual Basket Bonanza
September 22 - 23. Join the basket guild at the Spencer County Extension Office for two jam-packed days of basket weaving.
Contact Nichole Hutchins for more information.

Sunshine Salad

Ingredients:

1. 5 cups spinach leaves
2. 1/2 red onion (sliced thin)
3. 1/2 red pepper (sliced)
4. 1 cucumber (whole, sliced)
5. 2 oranges (peeled, chopped)
6. 1/3 cup vinaigrette dressing

Directions:

1. Wash hands.
2. Toss all ingredients in bowl.
Add dressing and toss again.
3. Serve immediately.

Source: US Department of Health and Human Services

Bingocize: This is a developing research-based program developed at Western Kentucky University featuring light exercise to fun music while also playing bingo! It will meet two times a week for 6 weeks. We will start July 6, 2023 at 10am at the Spencer County Extension Office. Participants must be at least 60 years of age and an up to date health assessment. It is strongly encouraged for individuals to participate in 80% of classes.

For more information or if you have any questions please contact Beth at (502) 477-2217.

Scheduled Dates: 7/6/23, 7/11/23, 7/18/23, 7/20/23, 8/1/23, 8/8/23, 8/10/23, 8/17/23, 8/22/23, 8/24/23, 8/29/23, 8/31/23.

Water Bath Canning:

Basic canning class. We will make salsa and take home a jar. Limited to 10 participants 8/4/23 at 10am. Please call Spencer County Extension Office 502-477-2217 to register.

Health fair/ Readifest

The annual Spencer County Healthfair/ Readifest will be Saturday, 7/29 at Spencer County High School from 9:00-11:00 a.m. This event allows students and families the opportunity to receive FREE School Supplies, as well as a variety of health, safety and wellness information and screenings. Over the years, this event has grown to be a fun, interactive back-to-school community kick-off!





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RETURN SERVICE REQUESTED



Bacon and Tomato Dip

1 cup fat free sour cream

1 cup low fat mayonnaise

2 large tomatoes, diced, reserve
excess juice

4 slices bacon, cooked crisp and
crumbled

1 teaspoon garlic powder

1. Combine all ingredients.

2. Add reserved tomato juice until
dip reaches desired consistency.

3. Serve with fresh vegetables or
reduced fat crackers.

Yield: 16, 2 tablespoon servings.

Nutrition Analysis: 50 calories;
3 g fat; 1 g saturated fat; 5 mg
cholesterol; 160 mg sodium; 6 g
carbohydrate; 0 g fiber; 3 g sugar;
1 g protein.

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

