

Spencer County Family and Consumer Sciences Newsletter

March 2023



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

Cooperative Extension Service

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Soon, we will see spring flowers blooming and days getting longer. It is also the time of year to start finishing your winter projects and get ready for our Cultural Arts events. Please refer to the enclosed calendar for all the upcoming dates and times for drop off. I also want to thank our Homemaker groups for their community outreach projects. Loyal and Waterford delivered valentine gifts to the residents at the Signature Home. Also, Thread & Thimble continues to create dresses for a children mission. I'm so proud of our Spencer County Homemakers. You each are so creative and giving to our community and beyond! Hope to see you soon!

Beth Maxedon, Spencer County FCS Agent
Spencer County Extension Agent for
Family and Consumer Sciences

More Information

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

CULTURAL ARTS
March 20, 2023

Cultural Arts Projects are due for the county by March 20, 2023 at the Spencer County Extension Office.

If selected, they will move on to the Louisville Area and be judged on March 31, 2023.

All items must have category, name, and phone number attached to be considered.

<https://keha.ca.uky.edu/content/cultural-arts-and-heritage>

Homemaker Highlight



MAKE 4 NAPKIN RINGS
COLOR CHOICES
AVAILABLE

\$15

SIGN UP BY MARCH 5TH
IN PERSON CLASS
EXTENSION OFFICE
THURSDAY MARCH 9TH

NAPKIN RING CLASS

TAUGHT BY LORELEA ROBERTS

Come on down to the Spencer County Extension Office and join the Bluegrass Basket Guild on March 9, 2023 at 4PM. They will be working with Lorelea Roberts who is leading the Guild in making four napkin rings. The cost to attend will be \$15.

If you were looking for a way to spruce up your dining room table this is the class for you! Any skill level is accepted, this pattern is good for beginners and experts.

To sign up go to:

<https://lorelea.com/product/napkin-ring-taylorsville/>

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

March - National Nutrition Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2 Big Blue Book Club (BBBC) @ 10AM	3 RSVP for Cook Wild KY	4
5	6 Cook Wild KY @ 5PM RSVP @ Ext	7 Patchwork Quilt Guild @ 10AM	8	9 Loyal Homemakers @ 10:30 AM Bluegrass Basket Guild @ 4PM BBBC @10AM	10	11
12	13	14	15 Waterford Home makers @ 10AM	16 HealthyHer: Dress for Success 10:30AM -2PM @ SCPL BBBC @10AM	17 Laugh & Learn @ 10:30AM Happy St. Patrick's Day!!	18
19	20 Cultural Arts Project Due at Extension!!!! Louisville Area Council Meeting 10AM @ Shelby County Extension	21	22 Homemaker Monthly Lesson: Art of Eating Mindfully with Krista Perry @ 1:30PM at the Extension Office	23 BBBC @ 10AM	24	25
26	27 Thread & Thimble @ 10 AM Reality Store @ SCHS	28	29	30	31 Louisville Area Cultural Arts @ Bullitt County Extension	1 4/14/23—FCS Council at 8:30AM 4/20/23—Homemaker Council at 10AM

Patch worker Quilt Guild (3/7/23)

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

Loyal Homemakers (3/9/23)

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

Bluegrass Basket Guild (3/9/23)

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

Waterford Homemakers (3/15/23)

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

Thread & Thimble (3/27/23)

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

Big Blue Book Club

Every Thursday of March except for 3/30/23, 10AM @ Extension
3/2 - Read Introduction - Chapter 3
3/9 - Read Chapters 4 - 7
3/16 - Read Chapters 8 - 11
3/23 - Read Chapters 12 - 14

Cook Wild KY (3/6/23) - RSVP BY 3/3 @ (502) 477-2217

First Monday of the month - 5PM @ the Extension Office
RSVP beforehand by calling (502) 477-2217

HealthyHer: Dress for Success (3/16/23)

10:30 AM - 2 PM @ Spencer County Public Library

Laugh & Learn (3/17/23)

Ages 3-5 for school readiness at 10:30 AM - 11:30AM
@ the Spencer County Public Library

Louisville Area Council Meeting (3/20/23)

10AM @ Shelby County Extension Office

Homemaker Monthly Lesson (3/29/23) - RSVP BY 3/27

1:30 PM @ Extension Office w/ Krista Perry

Louisville Area Cultural Arts (3/31/23)

Bullitt County Extension Office

Apple Oatmeal Muffins

Ingredients

1. 1/2 cup milk, non-fat
2. 1/3 cup applesauce
3. 1/2 cup all-purpose flour
4. 1/2 cup quick-cooking oats (uncooked)
5. 1 cup sugar
6. 1/2 tablespoon baking powder
7. 1/2 teaspoon ground cinnamon
8. 1 apple (tart, cored, and chopped)

Directions

1. Wash hands with soap and water
2. Preheat oven to 400 degrees Fahrenheit.
3. Place 6 cupcake holders in baking tin
4. In a mixing bowl, add milk and applesauce. Stir until blended.
5. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened.
6. Gently stir in the chopped apples
7. Spoon into cupcake holders.
8. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
9. Cool in pan for five minutes before serving.

Big Blue Book Club begins on 3/2/23 at 10AM.

You must register at <https://ukfcs.net/BBBC23Book1> in order to participate in the program. There are two books provided at the office to share. To reserve a copy, call the office at (502) 477-2217. For more info feel free to email ukfcsxt@uky.edu

Homemaker Leader Lessons are held on the fourth Wednesday of the month at 1:30PM and are an opportunity for the greater community of Homemaker's to learn about different topics decided by the Louisville Area Homemaker Lesson Ballot. All in the community are welcome to attend.

March: The Art of Eating Mindfully by Krista Perry

April: Move your way: Exercise for everyone by Heather Toombs

An **International Luncheon** will be hosted by the Shelby County Extension Office on 4/28/23.

Reservations must be made. You can do so by calling their office at (502) 633-4593.

HealthyHer: Dress for Success hosted by the Spencer County Public Library on March 16th, 10:30 AM—2 PM. The event will cover prenatal and post-natal care while other organizations will be there to discuss and provide resources for other services. This is a free event open to the public, we look forward to seeing you there!





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RETURN SERVICE REQUESTED



Cheesy Broccoli Potatoes

5 slices turkey bacon
1 tablespoon olive oil
1 clove garlic, minced
2 tablespoons chopped chives

Salt and pepper to taste
4 large potatoes, cubed
2 cups fresh broccoli florets
1 cup fat-free, shredded cheese

Preheat oven to 425° F. **Cook** bacon until crispy, crumble and set aside. **Spray** 9x13-inch baking dish with non-stick cooking spray. In a small bowl, **combine** olive oil, garlic, chives, salt and pepper; **stir** to blend. In a large bowl, **toss** together potatoes and broccoli. **Pour** olive oil blend over potato mixture; **stir** to coat. **Pour** into baking dish and **cover** with foil. **Bake** for 35 minutes or until potatoes are

tender; **remove** from oven. **Sprinkle** cheese and bacon on top and place back in oven until cheese melts.

Yield: 8, ½ cup servings.

Nutritional Analysis: 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 g protein.



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