

# Spencer County Family and Consumer Sciences Newsletter



**Cooperative Extension Service**  
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*Beth Maxedon, Spencer County FCS Agent*

## September 2023

### Homemaker Groups



#### **Patch worker Quilt Guild (9/5 & 9/19)**

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

#### **Loyal Homemakers (9/14)**

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

#### **Bluegrass Basket Guild (9/14)**

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

#### **Gardening Association**

Contact: Vicky Clark - (859) 576-9104

#### **Waterford Homemakers (9/20)**

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

#### **Thread & Thimble (9/25)**

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

### New Groups

#### **Bunco Group (First Meeting - 10/3)**

When: 1st and 3rd Tuesday of the month  
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 (9/8)**

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

#### **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

### Bluegrass Basket Guild's 2nd Annual Basket Bonanza!

**When:** September 22 - 23

**Where:** Extension Office

**Contact:** Nichole Hutchins

**What:** A weaving weekend where you have the opportunity to weave four different baskets and learn from weavers from all over.

**How:** You can find registration information on the Basket Guild's Facebook, the office website, or by stopping in and seeing us.

## Events

### Thread & Thimble's Sew Blessed Dress Day

**When:** September 18th

**Where:** Extension Office

**Contact:** Gayle Browning

**What:** Sewing together dresses given to those in need, fabric provided. partnership with Sew Blessed.

**How:** Bring your sewing machine and supplies to the office day of!

### Homemaker Dues

Please turn in \$12 dues to the Spencer County Extension Office no later than November 1st, 2023.

## 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](http://go.uky.edu/serveKY)



## Jalapeño Poppers

**4 ounces** reduced fat cream cheese

**1 tablespoon** grated Parmesan cheese

**1 teaspoon** garlic powder

**¾ cup** shredded reduced fat mozzarella cheese

**8 large** jalapeño peppers

**8 pieces,** thinly sliced bacon, cut in half

**Preheat** oven to 425 degrees F. In a small bowl, **mix** together the cream cheese, Parmesan cheese, garlic powder and mozzarella cheese. **Wash** peppers and **cut off** stems. **Cut** peppers lengthwise to make 16 halves. You may want to wear plastic gloves while handling hot peppers. **Scrape** out the seeds and membrane of each pepper. **Stuff** each pepper half with the cream cheese mixture and **wrap** each stuffed pepper with

a half piece of bacon. Lightly grease a broiler pan or pan with a rack. This will allow any grease to fall away from the poppers. **Bake** for 20 minutes or until poppers are hot and juicy and the bacon is browned.

**Yield:** 16 servings

**Nutritional Analysis:** 60 calories, 4 g fat, 2.5 g saturated fat, 5 mg cholesterol, 180 mg sodium, 1 g carbohydrate, 0 g fiber, 1 g sugars, 5 g protein.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5 Patchworker Quilt Guild - 10AM	6	7	8 Lunch Bunch - 11AM @ DQ	9
10	11	12	13	14 Loyal Homemakers - 10:30AM  Bluegrass Bas- ket Guild - 4PM	15	16
17	18 Thread & Thimble Dress Day - 9AM	19 Patchworker Quilt Guild - 10AM	20 Waterford Homemakers - 10AM	21	22 Basket Bonanza!  Assemble baby blankets and gift baskets - 10AM	23 Basket Bonanza!
24	25 Thread and Thimble - 10AM Homemaker Leader Lesson - Jefferson/ Bullitt	26 Homemaker Leader Lesson at Henry	27 Homemaker Leader Lesson at Shelby / Spencer	28 Homemaker Leader Lesson at Oldham  Farm to Table	29 Community Baby Shower - 11 - 12	30





## Tex Mex Spaghetti Squash Casserole

<b>1</b> small (about 2 pounds) spaghetti squash	<b>2 teaspoons</b> dried cumin	<b>1</b> (4 to 5 ounce) can chopped mild green chilies
<b>1 pound</b> lean ground beef	<b>¼ teaspoon ground</b> cayenne pepper	<b>1½ cups</b> low fat cheddar cheese
<b>½ cup</b> chopped onion	<b>½ teaspoon</b> salt	<b>1 tablespoon</b> chopped cilantro
<b>½ cup</b> chopped red bell pepper	<b>1 cup</b> chopped fresh tomatoes	
<b>1 teaspoon</b> minced garlic		

**Preheat** oven to 350 degrees F. **Prepare** the squash by carefully **cutting** it in half lengthwise with a sharp knife and **scooping** out the seeds. **Place** on a lightly greased baking sheet, cut-side down and **bake** for 30-35 minutes, or until a sharp knife can be easily inserted into the rind. **Remove** the squash from the oven and **cool**. Use a fork to **scrape** out the stringy flesh from the shell and **place** in a colander. **Press** out as much liquid as possible. **Place** squash in a medium bowl and keep warm. In a skillet, **cook** the ground beef over medium heat until browned. **Add** the onion, red bell pepper and garlic. Continue to **cook** until the vegetables are tender. **Add** the cumin, cayenne pepper and salt. **Drain** well and set aside. In a small bowl

**combine** the chopped tomatoes and green chilies. **Spray** a 9-by-13-inch baking pan with non-stick coating. **Layer** half of the spaghetti squash in the bottom of the pan. **Spread** half the meat mixture on top of the squash. **Layer** half of the tomatoes and chilies on top of the meat and **top** with half of the cheese. **Repeat** the layers. **Bake** at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. **Sprinkle** with the cilantro and serve.

**Yield:** 9 servings.

**Nutritional Analysis:** 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.