

# Spencer County Family and Consumer Sciences Newsletter

## August 2023



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

**Cooperative Extension Service**  
Spencer County  
PO Box 368  
Taylorsville KY 40071-0368  
(502) 477-2217  
Fax: (502) 477-1343  
extension.ca.uky.edu

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](http://www.spencerextension.com)

*Beth Maxedon, Spencer County FCS Agent*

### Summer Updates

#### Highlight on Waterford Homemaker's Club

**August** - Shopping in Bardstown regular meeting time. (Contact Judy Broyles to RSVP)

**September** - Regular meeting @ Ext. Office

#### Highlight on Thread and Thimble

**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

**August** - UFO Night, regular time

**August** - **19th, Basket Beginner Class**

**September** - Mini Retreat, September 22 - 23

#### Highlight on Patch Worker's Quilt Guild

**August** - Regular meeting time @ Ext Office

**September** - Regular meeting time @ Ext Office

#### Highlight on Loyal Homemaker's Club

**August** - Contact Diane Fischer for info

**September** - Regular meeting time @ Ext Office

The Bluegrass Basket Guild of  
Spencer County hosts the:

### 2nd Annual Basket Bonanza!

**Who:** Anyone! There are classes for beginner, intermediate, and advanced weavers to enjoy.

**What:** A weaving weekend where you have the opportunity to weave four different baskets and learn from other weavers across the state of Kentucky and beyond!

**When:** September 22 - 23, 2023

**Where:** Spencer County Extension Office  
100 Oak Tree Way  
Taylorsville, KY 40071

**How:** To sign up for the 2nd Annual Basket Bonanza you will need to come to the Spencer County Extension Office and fill out a registration form or find it on the Bluegrass Basket Guild Facebook page or the Spencer County Extension Office website.

Mail the form in with all checks to:  
251 Cotton Lane  
Taylorsville, KY 40071  
ATTN: Jamie Prather

Email [nichole.hutchins@gmail.com](mailto:nichole.hutchins@gmail.com) w/ questions



# August - National 'Don't be a bully' month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 WALK KY ends August 1st!	1 Bingocize @ 10AM -Ext Office  Patchworker Quilt Guild - 10AM	2	3	4	5
6	7 KEHA Leader- ship Academy @ Shelby Co. Extension Office. 10AM – 2PM	8 Bingocize @ 10AM at Extension Office	9	10 Bingocize @ 10AM -Ext Office  Bluegrass Basket Guild - 4PM	11 KEHA Council 10AM at Extension Office	12
13	14	15 Patchworker Quilt Guild - 10AM	16 Waterford Club Lunch in Bardstown	17 Bingocize @ 10AM at Extension Office	18	19 Bluegrass Basket Guild Beginner Class - 9AM
20	21	22 Bingocize @ 10AM at Extension Office	23	24 Bingocize @ 10AM at Extension Office	25	26
27	28 Thread and Thimble - 10AM	29 Bingocize @ 10AM at Extension Office	30	31 Bingocize @ 10AM at Extension Office	1	2

### **Patch worker Quilt Guild (8/1/2023 & 8/15/2023)**

First and 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 outing info.

### **Bluegrass Basket Guild (8/10/2023)**

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

### **Waterford Homemakers-summer outings July & August.**

Contact Judy Broyles, (502) 821-2108 for outing info.

### **Thread & Thimble (8/28/2023)**

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, ends 8/1/2023**

Please turn in step totals to the Extension Office.

### **Bingocize at Spencer County Extension office - 10AM**

If you have any questions please contact Beth Maxedon.  
On the following dates: 8/1, 8/8, 8/10, 8/15, 8/17, 8/22,  
8/24, 8/29, 8/31, 9/5.

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

### **Homemaker Council on 8/11/23 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.**

Contact Nichole Hutchins for more information.

# SQUASH SALAD

Source: Farm Fresh Summer Time Recipes  
Connecticut Food Policy Council

## Ingredients:

- 1 can black beans
- 6 diced tomatoes
- 1/2 diced green pepper
- 1 minced red onion
- 1 diced summer squash
- 2 tablespoons red wine vinegar
- 1 teaspoon Adobo seasoning
- 2 tablespoons lemon/ lime juice
- 4 tablespoons mozzarella cheese
- Fresh cilantro/ dried parsley to taste

## Directions:

- Combine all ingredients except cheese. Let sit for 30 minutes.
- Spoon over tortilla chips, cooked rice, or noodles.
- Top with grated, mozzarella. Serve hot or cold!



**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 Maxedon.  
**Dates: 8/1/23, 8/8/23, 8/10/23, 8/17/23, 8/22/23, 8/24/23, 8/9/29/23, 8/31/23.**

### **KEHA Leadership Academy at Shelby County Extension - August 7, 2023**

A fun and interactive leadership development opportunity for all Louisville Area Extension Homemaker Members.

August 7, 2023 at 10AM - 2PM at 1117 Frankfort Road, Shelbyville, KY 40065  
Please register and pay at the Spencer County Extension Office by August 2

Cost: \$5 includes lunch and all program materials.





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RETURN SERVICE REQUESTED



# Confetti Chicken Quesadillas

**1** small green bell pepper, seeded and diced  
**1** small red bell pepper, seeded and diced  
**1 tablespoon** hot pepper, minced (optional)

**1 pound** skinless, boneless chicken breast, diced  
**1 (1 ounce)** packet fajita seasoning mix  
**1 tablespoon** olive oil

**10 (10 inch)** whole-wheat tortillas  
**1 (8 ounce)** package reduced fat cheddar cheese, shredded

**Preheat** the broiler and prepare baking sheet with non-stick spray. **Toss** the diced chicken with the fajita seasoning and place on the baking sheet. **Spread** chopped peppers on baking sheet. **Place** under the broiler and broil until the chicken pieces are thoroughly cooked and no longer pink in the center, about 10 minutes. **Brush** skillet with oil and heat to medium. **Place** one tortilla in skillet. **Layer** half of tortilla with approximately one-third cup chicken

and pepper mixture. **Sprinkle** with 3 tablespoons cheddar cheese. **Fold** over and flip tortilla to crisp other side. Repeat until all quesadillas have been prepared. **Cut** each quesadilla into wedges and serve with salsa, if desired.

**Yield:** 10 servings

**Nutritional Analysis:** 270 calories, 10 g fat, 3 g saturated fat, 40 mg cholesterol, 880 mg sodium, 2 g sugar, 23 g carbohydrate, 2 g fiber, 19 g protein



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