

# Spencer County Family and Consumer Sciences Newsletter



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



December 2022

Only a few weeks till 2023! The year has gone by so quickly. There's a lot of activities planned in the next few weeks. Please try to attend our Holiday gathering on 12/9/22. I wish you and your family an abundance of peace, joy and good health this season! Hope to see you soon.

Sincerely,

*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 @uky.edu or you can **visit my website** to view archived newsletters and news articles. The web address is:  
www.spencerextension.com

### Mark your calendar

12/5/22 at 5:30pm: Cook Wild KY /Potluck with Speaker: Dr. Rentfrow topic: After the Hunt, Food Safety. Everyone invited please RSVP by 12/1/22.

**12/7/22 at 2:00pm Holiday Entertaining**  
Come enjoy free samples and learn to build a Charcuterie board. RSVP by 12/6/22.

12/9/22 at 5:30pm: Homemaker's Holiday gathering for all clubs and their family. Please bring a side dish, salad or dessert. The meat and drinks will be provided. Dress is holiday/festive wear.  
**Please discuss at your club meetings. RSVP by 12/5/22**

### Spencer County Homemaker Clubs

#### **Bluegrass Basket Guild**

Second Thursday of each month - 4 pm  
Extension Office

Nichole Hutchins – 502-422-0719

Facebook group

<https://www.facebook.com/groups/129924587048584>

Dec 8, Jan 12, Feb 9, Mar 9, Apr 13, May 11

#### **Patch worker Quilt Guild**

First Tuesday of each month - 10 am  
Extension Office

Linda Prys - 502-423-0303

Dec 6, Jan ?, Feb 7, Mar 7, Apr 4,

#### **Gardening Association**

Contact Vicky Clark about Dates and Times  
Vicky Clark— 859-576-9104

#### **Loyal Homemakers**

Second Thursday of Jan, Feb, Mar, Apr, May, Sept,  
Oct, Nov, Dec - 10:30 am

Extension Office

Diane Fischer - 502-902-1717

Dec 8, Jan 12, Feb 9, Mar 9, Apr 13,

#### **Waterford Homemakers**

Third Wednesday of Jan, Feb, Mar, Apr, May, Sep, Oct,  
Nov, Dec - 10 am

Extension Office

Judy Broyles— 502-821-2108

Dec 21, Jan 18, Feb 15, Mar 15,

#### **Thread & Thimble**

Fourth Monday of each month - 10 am

Extension Office

Gayle Browning - 502-354-1151

Nov 28, Dec ?, Jan 23, Feb 27, Mar 27

#### **Cook Wild Kentucky**

First Monday of Oct, Nov, Dec, Feb, Mar, Apr, May—  
5:30 pm

Extension Office

Beth Maxedon—502-477-2217

Dec 5, Feb 6, Mar 6, Apr 3, May 1



## OVARIAN CANCER SCREENING

The Ovarian Cancer screening had to be rescheduled due to the KEHA conference starting on 5/9/23. Please mark the new date 5/16/23 and is full. However, I have an additional date of 5/18/23 @ 2:30pm, I have 6 slots for new/former patients. If you wish to go on this date, please call the office #502-477-2217 or email me at [elizabeth.maxedon@uky.edu](mailto:elizabeth.maxedon@uky.edu) (the clinic needs the following information: Name, DOB, phone number and address. Also, they have to be over 50 and still have their ovaries). Please contact me if you are interested by 12/9/22. Thank you



COOPERATIVE EXTENSION  
University of Kentucky  
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GREAT HOLIDAY TIME!

# HOMEMAKERS HOLIDAY GATHERING

DECEMBER 9, 2022  
5:30 PM  
SPENCER COUNTY EXTENSION OFFICE  
LARGE MEETING ROOM

Gathering for all members of the Spencer County Homemakers and their families. We ask that everyone bring a side dish, a salad or a dessert.

The meat and drinks will be provided. Please dress in your Holiday/Festive wear

RSVP to Nicole at [nhahneuky.edu](mailto:nhahneuky.edu) or call 502-477-2217 no later than December 5 at 4:30 pm.

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

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LEXINGTON, KY 40546



# FOOD SAFETY AFTER THE HUNT

University of Kentucky College of Agriculture, Food and Environment  
Department of Animal and Food Sciences  
PRESENTS...

**DR. GREG RENTFROW,**  
Ph.D. Extension Professor with Meat Science

December 5, 2022

5:30 pm

Spencer County Extension Office

**FREE**

Please bring a side dish to share. Sloppy Joes and drinks will be provided.

Please RSVP by Dec 1 at 4:30 pm  
502-477-2217



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CELEBRATE THE HOLIDAY SEASON WITH US!

# Holiday Entertaining Program

December 7, 2022  
2 pm  
Spencer County Extension Office

How to make a Healthy & Budget Friendly Charcuterie Board

**NO CHARGE**  
Samples will be provided

Please RSVP before December 6 at 4:30 pm  
502-477-2217

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## 2015 FOOD AND NUTRITION CALENDAR DECEMBER RECIPE



# SEASONAL FRUIT CRISP



### GROCERY LIST

- Apples (need 3 cups, sliced)
- Sugar
- Cornstarch
- Lemon juice
- Oats (need 1/2 cup)
- All-purpose flour (need 1/4 cup)
- Brown sugar
- Ground cinnamon
- Butter
- Dried cranberries

- 3 cups sliced apples
- 2 tablespoons sugar
- 1 teaspoon cornstarch
- 1 1/2 teaspoons water
- 1/2 teaspoon lemon juice
- 1/2 cup quick-cooking oats
- 1/4 cup all-purpose flour
- 1/4 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 cup cold butter
- 1/2 cup dried cranberries (optional)

1. Place apples in a greased 1 quart baking dish. In a small bowl, combine the sugar, cornstarch, water and lemon juice until smooth. Pour over apples. Combine the oats, flour, brown sugar and cinnamon; cut in butter until crumbly. Sprinkle over apples.
2. Bake, uncovered, at 375 degrees F for 20-25 minutes or until filling is bubbly.

3. Garnish with dried cranberries, if desired.

**Makes 8 servings**  
**Serving size:** 1/2 of crisp

**Source:** Caroline Durr, Area Nutrition Agent, Nutrition Education Program, University of Kentucky, Cooperative Extension Service

**Nutrition facts per serving:**  
150 calories; 6g total fat; 3.5g saturated fat; 0g trans fat; 15mg cholesterol; 55mg sodium; 23g carbohydrate; 2g fiber; 1g protein; 4% Daily Value of vitamin A; 0% Daily Value of vitamin C; 2% Daily Value of calcium; 2% Daily Value of iron

**Tip:** To stay healthy, balance calories eaten with calories used. To find out how many calories you need for a day, visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

### MAKE IT A MEAL

- Toasted cheese sandwich
- Tomato soup
- Wedge salad
- **Fruit Crisp**
- Low-fat milk

### TIP

Enjoy physical activity like stretching, yoga, pilates or martial arts at least three days per week to keep joints and muscles moving freely.

This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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RETURN SERVICE REQUESTED



## Ratatouille Soup

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<b>1</b> small eggplant, peeled and cubed	<b>1</b> medium bell pepper, chopped	<b>1 24 ounce</b> jar chunky garden style pasta sauce
<b>2 teaspoons</b> salt	<b>1</b> medium onion, chopped	<b>2 cups</b> water
<b>1 pound</b> lean ground chuck	<b>1 tablespoon</b> finely minced garlic (about 3 cloves)	<b>1 teaspoon</b> dried basil
<b>1 tablespoon</b> canola oil	<b>1 14.5 ounce</b> can low sodium beef broth	<b>1 cup</b> uncooked whole grain pasta

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**Place** the cubed eggplant in a colander. **Toss** with the salt and let set for 20-25 minutes. Thoroughly **rinse** in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, **brown** the ground beef over medium heat until crumbly and no longer pink. **Drain**. Raise the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the zucchini, bell pepper, onion and garlic. **Cook** together for 5-7 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to **cook** for 5

minutes. **Add** the beef broth, pasta sauce, water and basil. Bring to a **boil**, then reduce heat to medium-low, **cover** and **simmer** for 10 minutes. **Add** the pasta. Raise heat to medium. Bring to a **slow boil** and **cook**, stirring occasionally for 10-12 minutes, or until the pasta is tender.

**Yield:** 12, 1 cup servings

**Nutritional Analysis:** 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugar, 13 g protein



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