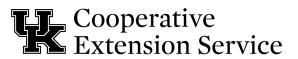
Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

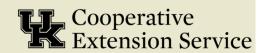
July 2025



Cooperative Extension Service

Spencer County PO Box 368 100 Oak Tree Way Taylorsville KY 40071-0368 (502) 477-2217 Fax: (502) 477-1343 spencer.ca.uky.edu





Spencer County Homemakers Cook Wild Club

Join us for Cook Wild to learn about the Hunter's for the Hungry program.

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

> August 7, 2025 5 - 6 PM

Please RSVP by calling 502-477-2217 or emailing nhahn@uky.edu by 8/4/25.

The Extension Office will provide hotdogs, drinks, and the Spencer County Homemakers will serve ice cream!

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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





	Monday	lesday	Wednesday	Thursday	Friday	Saturday
une 29	30	July 1 Active Living - 10 am Patchworkers Quilt Guild - 10 am Bingo - 11 am	2	3	4 OFFICE CLOSED HAPPY JULY 4th!	2
	7	8 Active Living - 10 am	6	10 Bluegrass Basket Guild - 4 pm	Lunch Bunch - 11 am at Cattleman's in Simpsonville	12
	14	Active Living - 10 am Patchworkers Quilt Guild - 10 am	County Fair Exhibit Hall Open Entry - 4:00 - 7:00 pm	County Fair Exhibit Hall Open Entry - 10:00 am - 1:00 pm	18	19
County Fair Exhibit Hall Item Pickup - 1:30 - 2:30 pm	21	22 Active Living - 10 am	23	Homemaker Outing at Jeptha Creek - 11 am. Description is on the next page.	25	26
	28 Thread and Thimble - 10 am	29 Active Living - 10 am	30	31	August 1	2

Upcoming Dates

Spencer County Fair Open Entry

July 16th - 4:00-7:00 PM at Exhibit Hall July 17th - 10:00 AM-1:00 PM at Exhibit Hall

Homemaker Outing to Jeptha Creed

July 24 @ 12pm. Distillery Tour. Price: \$13.99 You must be 21 years or older and have a valid ID to participate in the tasting experience. Please call to pay at (502) 487-5007 or go online at jepthacreed.com. 500 Gordon Lane, Shelbyville, KY 40065

Community Baby Shower

October 3, 2025 at the Spencer County Extension Office. Volunteers needed, please contact Beth Maxedon.

Group Updates

Thread and Thimble Monthly Projects

July - August: Bring your own project

September: Project Pillowcase October - November: TBD

December: Dresden Plates table topper

Cook Wild

August 7th, 5 PM: Hunters for the Hungry will be presenting information about their organization. Flyer detailing information is on the front page. Volunteers needed.

Bluegrass Basket Guild's 4th Annual Bas-

ket Bonanza! September 12 - 13th.

Registration is open now, find more information on their Facebook page or by coming to the Extension Office!

Homemaker Groups

Patch worker Quilt Guild (7/1, 7/15)

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

Time: 10 AM

Loyal Homemakers

When: Summer Outings

Where: Spencer County Extension Office Contact: Wendi Bazemore - (502) 912-7372

Time: 10:30 AM

Bluegrass Basket Guild (7/10)

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

Waterford Homemakers

When: Summer Outings

Where: Spencer County Extension Office Contact: Judy Broyles - (502) 821-2108

Time: 10 AM

Gardening Association

Contact Vicki Clark - (859) 576-9104

Thread & Thimble (7/28) - RSVP

When: 4th Monday of the month

Where: Spencer County Extension Office Contact: Gayle Browning - (502) 354-1151

Time: 10 AM

Game Group (7/1)

When: 1st Tuesday of the month

Where: Spencer County Extension Office Contact: Cindy Neely and Julie Hart

Time: 11 AM

Lunch Bunch (7/11). RSVP by 7/7/25

When: 2nd Friday of the month Where: Cattleman's, Simpsonville

Contact: Beth Maxedon - (502) 477-2217

Time: 11 AM

Active Living (July 1, 8, 15, 22, 29)

When: Every Tuesday of the month Where: Spencer County Extension Office Contact: Beth Maxedon - (502) 477-2217

Time: 10 AM

Cook Wild KY (August 7)

When: 1st Thursday of even months, 5PM Where: Spencer County Extension Office Contact: Beth Maxedon - (502) 477-2217 Theme: Hunters for the Hungry presentation

**For Homemaker Club announcements please email info to Ryan by the first of the month at ryan.linton@uky.edu **



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.



Kentucky Tomatoes

SEASON: July through October

NUTRITION FACTS: Tomatoes are rich in nutrients that promote good health, including fiber and vitamins C and A. A medium tomato contains about 25 calories, 20 mg sodium, and is a good source of potassium.

SELECTION: Choose firm, well-shaped tomatoes that are fragrant and rich in color. Tomatoes should be free from blemishes, heavy for their size, and give slightly to pressure. Three to four medium tomatoes weigh about 1 pound. One pound of tomatoes yields about 2 ½ cups of chopped tomatoes.

STORAGE: Store ripe tomatoes at room temperature and use them within three days. Keep out of direct sunlight. Place green tomatoes in a paper bag to ripen.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Wash fresh tomatoes in cool running water.

To peel: Place tomatoes in boiling water for about 30 seconds, then transfer to cold water. Skins will slip off.

To seed: Scrape seeds away from the flesh with a pointed utensil. Avoid puncturing the skin.

To slice: Slice lengthwise to retain juice. A serrated knife works best.

TOMATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

May 2011

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