

# Spencer County Family and Consumer Sciences Newsletter


*Beth Maxedon, Spencer County FCS Agent*

## July 2025

 Cooperative  
Extension Service

Cooperative Extension Service  
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 Cooperative  
Extension Service

## 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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Disabilities  
accommodated  
with prior notification.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>June 29</b> 	<b>30</b>	<b>July 1</b> Active Living - 10 am Patchworkers Quilt Guild - 10 am Bingo - 11 am	<b>2</b>	<b>3</b>	<b>4</b> <b>OFFICE CLOSED HAPPY JULY 4th!</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Active Living - 10 am	<b>9</b>	<b>10</b> Bluegrass Basket Guild - 4 pm	<b>11</b> Lunch Bunch - 11 am at Cattleman's in Simpsonville	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Active Living - 10 am Patchworkers Quilt Guild - 10 am	<b>16</b> County Fair Exhibit Hall Open Entry - 4:00 - 7:00 pm	<b>17</b> County Fair Exhibit Hall Open Entry - 10:00 am - 1:00 pm	<b>18</b>	<b>19</b>
<b>20</b> County Fair Exhibit Hall Item Pickup - 1:30 - 2:30 pm	<b>21</b>	<b>22</b> Active Living - 10 am	<b>23</b>	<b>24</b> Homemaker Outing at Jephtha Creek - 11 am. Description is on the next page.	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> Thread and Thimble - 10 am	<b>29</b> Active Living - 10 am	<b>30</b>	<b>31</b>	<b>August 1</b>	<b>2</b>

## 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 Jephtha 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 [jephthacreed.com](http://jephthacreed.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 Basket 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](mailto: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](http://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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