

# Spencer County Family and Consumer Sciences Newsletter

*Beth Maxedon, Spencer County FCS Agent*

## June 2025

**UK Cooperative  
Extension Service**

**Cooperative Extension Service**  
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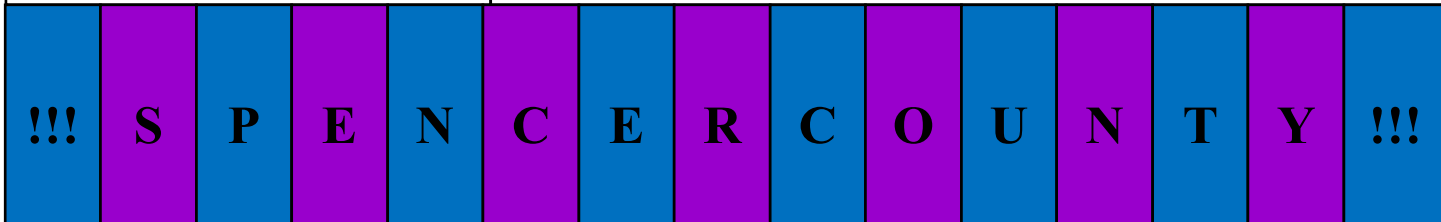


Congratulations to Mary Burchyett for winning first place in her category at the Spencer County, Louisville Area, and KEHA Events with her quilt! Mary also received a purple ribbon, making her the Quilt Class Champion for Kentucky this year! Awesome work!

Congratulations to Craig Neely for winning first place in his category at the Spencer County, Louisville Area, and KEHA Events with his hand-crafted wooden bowl!

Congratulations to Polly Pennington for winning first place in her category at the Spencer County, Louisville Area, and KEHA Events with her needlepoint tissue container!

Thank you all, and all who submitted pieces, for representing Spencer County so well! We are blessed to have you!



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Disabilities  
accommodated  
with prior notification.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>June 1</b> 	<b>2</b>	<b>3</b> Patchworker Quilt Guild - 10 am Bunco - 11 am	<b>4</b>	<b>5</b> Cook Wild KY - 5 pm	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b> Active Living - 10am	<b>11</b>	<b>12</b> Bluegrass Basket Guild - 4 pm	<b>13</b> Lunch Bunch - 11 am at the Brass Social in J-Town	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b> Patchworker Quilt Guild - 10 am Louisville Area KEHA Meeting in Henry County	<b>18</b>	<b>19</b> <b>Juneteenth - Office Closed</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Thread and Thimble - 10 am	<b>24</b> Active Living - 10am	<b>25</b>	<b>26</b> Spencer Co. Homemakers Fundraiser Night Taylorsville, DQ from 5 - 8 PM. Must bring attached flyer!	<b>27</b> Kentucky Renaissance Health Fair-2-5 PM. 955 Elm Street, Eminence, KY	<b>28</b>
<b>29</b>	<b>30</b>	<b>July 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

## Upcoming Dates

**June 17:** Louisville Area KEHA Meeting in Henry County at the Celebration Barn.

**June 26:** Spencer County Homemaker's Fundraiser Night at the Taylorsville Dairy Queen from 5 - 8 PM. **Must present the attached DQ flyer at checkout to qualify!**

### **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

**September 12 - 13:** Bluegrass Basket Guild's 4th Annual Basket Bonanza! Registration will be open soon, find more information on their Facebook page or by coming to the Extension Office!

## Group Updates

### **Thread and Thimble Monthly Projects**

June: Jean Jackets

July - August: Bring your own project

September - November: TBD

December: Dresden Plates table topper

### **Walk Kentucky**

Keep moving! Please turn in completed forms by June 23, 2025 to the Extension Office.

### **Cook Wild**

June 5th, 5 PM: Grilling hot dogs, bring a side dish to share.

August 7th, 5 PM: Hunters for the Hungry will be presenting information about their organization.

## Homemaker Groups

### **Patch worker Quilt Guild (6/3, 6/17)**

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 (6/12)**

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 (6/23) - RSVP**

When: 4th Monday of the month

Where: Spencer County Extension Office

Contact: Gayle Browning - (502) 354-1151

Time: 10 AM

### **Bunco Group (5/6)**

When: 1st Tuesday of the month

Where: Spencer County Extension Office

Contact: Cindy Neely and Julie Hart

Time: 11 AM

### **Lunch Bunch (6/13).      RSVP by 6/9/25**

When: 2nd Friday of the month

Where: Brass Social, Jeffersontown

Contact: Beth Maxedon - (502) 477-2217

Time: 11 AM

### **Active Living (June 10, 24)**

When: *2nd and 4th Tuesdays, due to conflicts.*

Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Time: 10 AM

### **Cook Wild KY (June 5th)**

When: 1st Thursday of even months, 5PM

Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Theme: Grill Safety

**\*\*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) \*\***





# Spring Harvest Salad

**5 cups** torn spring leaf lettuce

**2½ cups** spinach leaves

**1½ cups** sliced strawberries

**1 cup** fresh blueberries

**½ cup** thinly sliced green onions

## Dressing:

**4 teaspoons** lemon juice

**2½ tablespoons** olive oil

**1 tablespoon** balsamic vinegar

**1½ teaspoons** Dijon mustard

**2 teaspoons** Kentucky honey

**½ teaspoon** salt

**¼ cup** feta cheese crumbles

**½ cup** unsalted sliced almonds

**1. Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

**2. Prepare** dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

**3. Sprinkle** salad with feta cheese and sliced almonds.

**4. Serve** immediately.

**Yield:** 8, 1 cup servings.

**Nutrition Analysis:** 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

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



# Kentucky Lettuce

**SEASON:** Early to late spring.

**NUTRITION FACTS:** Lettuces have 5-15 calories per cup depending on variety.

Lettuce provides vitamins A and C, calcium, and iron.



**PREPARATION:** Wash well and dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches. Lettuce can also be steamed or added to soups at the end of cooking.

**SELECTION:** Choose crisp, brightly colored lettuce with no blemishes, slime, browning or wilted leaves.

**STORAGE:** Store washed and dried lettuce in a plastic bag in the refrigerator for three to five days, depending on the variety.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## LETTUCE

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition and Food Science students

**March 2012**

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