

Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

May 2025

UK Cooperative
Extension Service

Cooperative Extension Service
Spencer County
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Spencer County Homemaker Annual Meeting

May 29, 2025

Registration: 5 pm | Dinner: 5:30 pm

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

Free for homemakers and a plus one
Ham, rolls, and drinks provided
Bring a veggie, salad, or dessert to share
Entertainment by Victory Road

R.S.V.P. by 5/20/2025
call (502) 477-2217

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 	28	29 Active Living - 10 am	30	May 1	2 Oaks Day	3 Happy Derby!
4	5	6 Patchworkers Quilt Guild - 10 am Bunco - 11am Active Living - 10 am KEHA State Meet	7 KEHA State Meet	8 Loyal Homemakers - 10:30 am Bluegrass Basket Guild - 4 pm KEHA State Meet	9 Lunch Bunch - 11 am at Taylorsville Dairy Queen	10
11	12	13 Active Living - 10 am	14	15	16	17
18	19	20 Patchworkers Quilt Guild - 10 am Active Living - 10 am Homemaker's Council - 10 am	21 Waterford Home- makers - 10 am	22	23	24
25	26 Thread and Thimble - 10 am	27 Active Living - 10 am	28	29 Spencer County Homemaker Annual Dinner Registration: 5pm Bring a side dish or dessert.	30	31

Upcoming Dates

May 6-8: KEHA State Meeting in Lexington

May 20: Homemaker Council, 10 am

May 20: In the Face of Disaster - Preparing for Emergencies, 5:30 - 7:30 pm. Located at the Jefferson Co. Extension Office:

4200 Gardiner View Ave, Ste 101

Louisville, KY 40213. (502) 569-2344

May 29: Please mark your calendar for the Spencer County Homemaker Dinner on May 29, 2025. Registration will begin at 5 pm. Please RSVP by May 20, 2025. Ham, drinks, and rolls will be provided, and we'd like to ask you to bring a side dish or dessert to share. Feel free to invite a plus one if you would like. Victory Road will be performing.

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

Group Updates

Thread and Thimble Monthly Projects

May: Little purses

June: Jean Jackets

July - August: Bring your own project

September - November: TBD

December: Dresden Plates table topper

Bunco Group Monthly Potluck Themes

May: Derby

Walk Kentucky

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

County Fair Open Entry

July 16th and 17th, times to be announced.

Cook Wild

June 5th, grilling hot dogs, bring a side dish to share. Hunters for the Hungry will be presenting information about their organization.

Homemaker Groups

Patch worker Quilt Guild (5/6, 5/20)

When: 1st and 3rd Tuesday of the month

Where: Spencer County Extension Office

Contact: Lani Kratzwald - (502) 797-1774

Time: 10 AM

Loyal Homemakers (5/8)

When: 2nd Thursday of the month

Where: Spencer County Extension Office

Contact: Wendi Bazemore - (502) 912-7372

Time: 10:30 AM

Bluegrass Basket Guild (5/8)

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 (5/21)

When: 3rd Wednesday of the month

Where: Spencer County Extension Office

Contact: Judy Broyles - (502) 821-2108

Time: 10 AM

Gardening Association

Contact Vicki Clark - (859) 576-9104

Thread & Thimble (5/19) - RSVP

When: 3rd Monday due to the holiday

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 (5/9). RSVP by 5/5/25

When: 2nd Friday of the month

Where: Dairy Queen, Taylorsville

Contact: Beth Maxedon - (502) 477-2217

Time: 10 AM - 12 PM

Active Living (May 6, 13, 20, 27)

When: Every Tuesday of the month

Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Time: 10 AM

Cook Wild KY (June 5th)

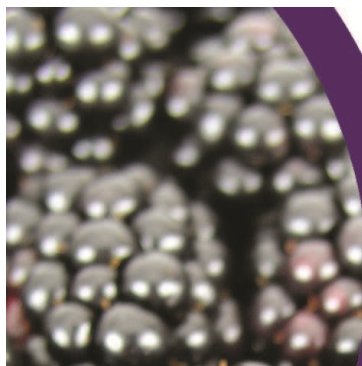
When: 1st Thursday of even months, 5PM

Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Theme: "In the Face of Disaster."

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



Blackberry and Basil Spritzer

2 cups lemon sparkling water
2 cups ice cubes (6-7 large cubes)
2 cups blackberries

2 tablespoons honey
½ lime, juiced
3 basil leaves

Put all ingredients, except basil, in a blender and **blend** on high speed until completely combined. **Strain** mixture through sieve to separate blackberry seeds. **Pour** in 3 glasses, **add** 1 basil leaf to each drink and **serve** with lime wedge.

Serves: 3, 16 oz. servings

Nutritional Analysis:
 90 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 30 mg sodium, 22 g carbohydrate, 5 g fiber, 15 g sugar, 1 g protein

Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

BLACKBERRIES

Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
February 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



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 Lexington, KY 40506



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