

Spencer County
Family and Consumer
Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

Cooperative Extension Service
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November/ December/ January

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US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,
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Homemaker Update

Homemaker Dues

Homemaker Dues are due November 15th. Dues are \$12. Pay at the Spencer County Extension Office. We accept cash or check. If paying with cash please bring the exact amount, we do not have change. Make checks payable to Spencer County Homemakers.

Council Meetings

-Spencer County Homemaker Council is 11/12/24 at 11 AM at the Extension Office.
-Louisville Area Homemaker Council is 11/18/24 at 10 AM at Shelby County.

Inclement Weather

As Winter approaches we want to clarify our inclement weather policy for our programs. *If Spencer County Public Schools have closed **due to inclement weather** no Homemaker groups will meet.*

Toys for Tots

We will be collecting toys for Toys for Tots at the Extension Office until **December 1st!**

KEHA Update

The Spring Area Leader Lesson Day will be on March 11, 2025 at the Shelby County Extension Office.

The Louisville Area Annual Meeting will be on June 17, 2025 in Henry County at the Celebration Barn. There is A/C in the barn.

Cultural Arts Information

Cultural Arts items need to be submitted to the Spencer County Extension Office by 4:30 PM on March 24, 2025 for judging.

The Louisville Area Cultural Arts Contest will be on March 28, 2025 at the Henry County Extension Office.

Congratulations to our past participants and winners. We hope to see more victory for our Spencer County Homemakers this year.

Homemaker Groups

Patch worker Quilt Guild

11/9, 12/3, 12/17, 1/7, 1/21

When: 1st and 3rd Tuesday of the month
Where: Spencer County Extension Office
Contact: Lani Kratzwald - (502) 797-1774
Time: 10 AM

Loyal Homemakers

11/14, 12/12, 1/9

When: 2nd Thursday of the month
Where: Spencer County Extension Office
Contact: Wendi Bazemore - (502) 912-7372
Time: 10:30 AM

Bluegrass Basket Guild

11/14, 12/12, 1/9

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

11/20, 12/18, 1/15

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

Club Information

Lunch Bunch Locations:

November - Taylorsville Hometown Pizza
December - Dairy Queen
January - Fresh Take Market

Thread and Thimble projects:

November - pin cushion with pocket.
December - TBD

Bunco Group Themes

December: Spreading Peace Potluck, bring dips and spreads
January: Rock n' Roll Revival

Thread & Thimble - RSVP

11/18, 12/16, 1/27

When: 4th Monday of the month
Where: Spencer County Extension Office
Contact: Gayle Browning - (502) 354-1151
Time: 10 AM

Bunco Group

12/3, 1/7

When: 1st Tuesday of the month
Where: Spencer County Extension Office
Contact: Cindy Neely and Julie Hart
Time: 11 AM

Lunch Bunch - RSVP

11/8, 12/13, 1/10

When: 2nd Friday of the month
Contact: Beth Maxedon - (502) 477-2217
Time: 11 AM

Active Living

November: 12, 19, 26 December: 3, 10, 17

January: 7, 14, 21, 28

When: Every Tuesday of the month
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Time: 10 AM

Cook Wild KY - RSVP

1/6, 3/3, 5/5


When: 5PM
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Theme: "In the Face of Disaster."

For Homemaker Club announcements and changes, email Ryan Linton by the first of the month at ryan.linton@uky.edu

The month of November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 	28	29	30	31	November 1 	2 BBG Hand Broom Making Class
3	4	5 - Office Closed Election Day! 	6	7	8 Lunch Bunch - 11 AM at the Taylorsville Hometown Pizza	9
10	11	12 Active Living - 10 AM Homemaker Council - 11 AM	13	14 Loyal Homemakers - 10:30 AM Bluegrass Basket Guild - 4 PM	15 <i>Homemaker dues are due to the Spencer County Extension Office.</i>	16
17	18 Thread & Thimble - 10 AM Louisville Area Homemaker Council - 10 AM	19 Patchworkers Quilt Guild - 10 AM Active Living - 10 AM	20 Waterford Homemakers - 10 AM	21 Apple Gourd Basket Class 1:00 PM - 4:00 PM \$40.00, sign up Facebook page	22	23
24	25	26 Active Living - 10 AM	27	28 Office Closed Happy Thanksgiving!	29 Office Closed	30

The month of December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 1 	2	3 Patchworkers Quilt Guild - 10 AM Active Living - 10 AM Bunco Group - 11:00 AM	4	5	6	7
8	9	10 Active Living - 10 AM	11	12 Loyal Homemakers - 10:30 AM Bluegrass Basket Guild - 4 PM	13 Lunch Bunch - 11 AM at Dairy Queen	14
15	16 Thread & Thimble - 10 AM	17 Patchworkers Quilt Guild - 10 AM Active Living - 10 AM	18 Waterford Homemakers - 10 AM	19	20	21 First Day of Winter
22	23	24	25 Office Closed	26 Office Closed	27 Office Closed	28
29	30 Office Closed	31 Office Closed	January 1 Happy New Year's!	2	3	4

The month of January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 	30 	31 Happy New Year's Eve	January 1 	2 	3 	4
5 	6 Cook Wild KY - 5 PM. "In the Face of Disaster."	7 Patchworkers Quilt Guild - 10 AM Active Living - 10 AM Bunco Group - 11 AM	8 	9 Loyal Homemakers - 10:30 AM Bluegrass Basket Guild - 4 PM	10 Lunch Bunch - 11 AM at Fresh Take Market	11
12 	13 	14 Active Living - 10 AM	15 Waterford Homemakers - 10 AM	16 	17 	18
19 	20 Office Closed Martin Luther King Jr. Day!	21 Patchworkers Quilt Guild - 10 AM Active Living - 10 AM	22 	23 	24 	25
26 	27 Thread & Thimble - 10 AM	28 Active Living - 10 AM	29 	30 	31 	February 1 



300 pillow cases donated to Military Missions!



The 3rd Annual Bluegrass Basket Guild Bonanza!



Thread & Thimble Community Service Project Day



Green Bean and Ham Soup

- | | | |
|---|---|----------------------------------|
| 4 cups fresh green beans, trimmed and cut into 1-inch pieces | 3 whole carrots, peeled and sliced | ¼ teaspoon black pepper |
| 3 cups russet potatoes, unpeeled and cubed | 1 pound fully cooked ham, cut into bite-sized pieces | 1 teaspoon garlic powder |
| 2 small onions, thinly sliced | 9 cups water | 1 cup half and half |
| | 1 teaspoon salt | 2 tablespoons corn starch |
| | | ¼ cup cold water |

Place green beans, potatoes, onions, carrots, ham and the nine cups water into a large soup pot; **cover** and bring to a **boil**. **Reduce** heat to medium and **simmer**, uncovered, about 45 minutes or until the vegetables are tender. **Remove** the pot from the heat and **add** the salt, black pepper, garlic powder and half and half. **Return** to heat and bring to a **simmer** again. **Combine** corn starch and

the ¼ cup cold water in a small bowl. When simmer begins, **combine** the corn starch mixture into the soup and stir well. Allow the soup to remain on the heat for 5-7 more minutes while it thickens.

Yield: 12, 1 cup servings

Nutritional Analysis: 140 calories, 4.5 g fat, 2 g saturated fat, 25 mg cholesterol, 670 mg sodium, 14 g carbohydrate, 3 g fiber, 3 g sugar, 10 g protein



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

<http://plateitup.ca.uky.edu>



Roasted Root Vegetables

- | | |
|--------------------------------|----------------------------------|
| 6 medium beets | 1 teaspoon salt |
| 2 large sweet potatoes | 1 teaspoon black pepper |
| 3 parsnips | Dressing (recipe follows) |
| 2 tablespoons olive oil | |

Dressing

- ⅓ cup** white wine vinegar
- ¼ cup** olive oil
- 2 tablespoons** horseradish
- 1 tablespoon** Dijon mustard
- 2 teaspoons** honey
- ½ teaspoon** salt
- ½ teaspoon** pepper

Stir together and set aside.

Preheat oven to 400° F.

Peel beets, sweet potatoes and parsnips. Cut into ½ inch thick cubes.

Toss vegetables with olive oil and place in a single layer on a greased baking sheet.

Sprinkle with salt and pepper.

Bake at 400°F for 20 to 25 minutes, or until tender. Cool. Arrange vegetables on a serving dish and drizzle with dressing.

Yield: 6 servings

Nutritional Analysis: 210 calories, 10 g fat, 1.5 g sat fat, 3 g protein, 30 g carbohydrate, 0 mg cholesterol, 750 mg sodium, 7 g fiber.

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