

Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

September 2025

 Cooperative
Extension Service

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

Community Events

Food as Health Lessons - September 11
Spencer Co. Public Library, taught by Beth Maxedon.

3:30 - 4:30 - High Blood Pressure Lesson
6:00 - 7:00 - WITS Workout

Foody Fest - September 20, 10am - 2pm
Spencer County Extension Office. For more information contact Kathrine Scott.

Military Missions Project Day
September 22, 10am - 4pm. Hosted at the Spencer County Extension Office
Please RSVP with Nicole Hahn by calling us at (502) 477-2217. Lunch will be provided.
Military mission project: pillowcases for our military service members. Please bring a sewing machine and cotton fabric to participate.

Ag Day - September 26 at TES. \

Wellness Day - September 27, 9am - 12pm.
Health ministry, vaccines, and health fair located at Historic Second Baptist Church.
Contact Wanda Lott Collins, Ph.D., Th.B., ACSW, Associate Pastor, at wanda-lott.collinscpg@gmail.com for more information.

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

Homemaker Updates

Homemaker Leader Lesson, (9/9) 10am-2pm
Location: Shelby County Extension Office
Cost: \$12 for lunch. Pay Nicole by 9/4/25.
Make all checks payable to the Shelby County Extension District Board

Thread and Thimble Monthly Projects
September: Project Pillowcase, 9/22
October - November: TBD
December: Dresden Plates table topper

Active Living
September topic: Food as Health.

Bluegrass Basket Guild's 4th Annual Basket Bonanza is cancelled for this year!

Annual Homemaker Dues

Homemaker Dues: \$12.00
Please pay by **November 4th** to Nicole Hahn.
Exact cash or check is accepted, make checks payable to the Spencer County Homemakers.

Pick up your 2025 - 2026 Member Handbook while you are here as well!

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.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 31	1	2 Active Living - 10 am Patchworkers Quilt Guild - 10 am	3	4 KEHA Annual Dues deadline. \$12, pay with Nicole Hahn.	5	6
7	8	9 Homemaker Leader Lesson, Shelby Co.	10	11 Loyal Homemakers - 10:30 am Bluegrass Basket Guild - 4 pm	12 Lunch Bunch, 11am at Fresh Take.	13
14	15	16 Active Living - 10 am Patchworkers Quilt Guild - 10 am CEC - 11:30am	17 Waterford Homemakers - 10 am	18	19	20 Foody Fest, 10am - 2pm. Contact Kathrine Scott for more info.
21	22 Thread and Thimble - 10 am Military Missions Project Day. Bring your own sewing machine and fabric.	23	24	25	26 Ag Day at TES	27 Wellness Day at Second Baptist Church in Taylorsville. 9 am - 12 pm.
28	29	30	October 1	2	3	4

Officers

President: Helen Edsten
Vice President: Julie Hart
2nd Vice President: Wanda Barnes
Secretary: Libby Rosenberger
Treasurer: Edith Judd

Chairmen

Cultural Arts & Heritage: Gayle Browning & Julie Hart
Food, Nutrition, & Health: Edith Judd
4-H/Youth Development: Mary Tapp
Management & Safety: Judy Broyles



Homemaker Groups

Patchworkers Quilt Guild (9/2, 9/16)

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

Loyal Homemakers (9/11)

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

Bluegrass Basket Guild (9/11)

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 (9/17)

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 (9/22) - RSVP

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

Game Group (9/2)

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

Lunch Bunch (9/12). RSVP by 9/8/25

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

Active Living (9/2, 9/16)

When: 1st and 3rd Tuesday of the month
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Time: 10 AM

Cook Wild KY (9/4)

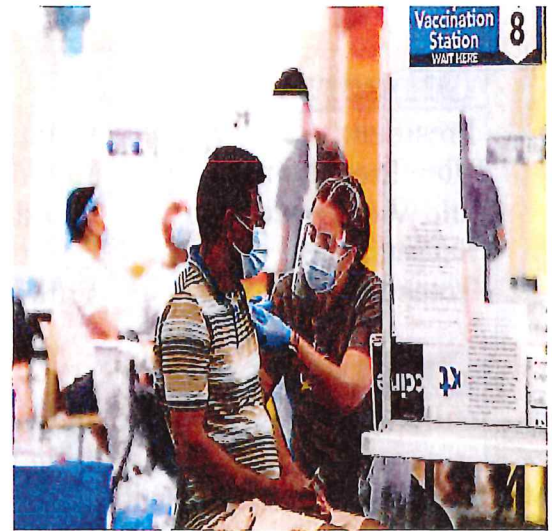
When: 1st Thursday of even months, 5PM
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Theme: Hunters for the Hungry presentation

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



Healthy Church Vaccination Program in partnership with Walgreens

STAY IMMUNIZED



SATURDAY
September 27, 2025
9:00 a.m. – 12:00
noon

What's Offered:

- Covid Booster ▪ Flu ▪ MMR ▪ Pneumonia ▪ Whooping Cough
- HIV Screening ▪ A1C Testing for Diabetes ▪ Kentucky Mom's Program

Agency Partners:

- Health Department
- Park Duvall
- University of Kentucky Cooperative Extension
- University of Louisville Health
- Managed Care
- Seven Counties Services
- U of L Trager Institute

REGISTER NOW!
CALL Ms. Perry
(270) 268-1709

LOCATION!

Historic Second Baptist Church
70 Rev. Charles Burton Way
Taylorsville, KY 40071
Rev. John A. Lewis, Senior Pastor



PREPARING FOOD AS HEALTH FOR HIGH BLOOD PRESSURE

Homemade Ranch Seasoning Recipe

- 1 *tablespoon garlic powder*
- 1 *tablespoon onion powder*
- 1 *tablespoon dried parsley*
- 2 *teaspoons dried dill*
- 1 *teaspoon dried chives*
- 1/4 *teaspoon black pepper*

1. Combine all spices then store in an airtight container for up to 6 months.

Yield: 1/4 cup

How to use this seasoning

- Season chicken or vegetables
- As a popcorn topper
- Mix into mashed potatoes
- **Make veggie dip:** Combine 1 teaspoon seasoning with 1/2 cup fat-free, plain Greek yogurt.
- **To make salad dressing:** Combine 1 tablespoon seasoning mix with 1/3 cup low-fat mayo, 1/3 cup fat-free plain Greek yogurt, and 2 to 3 tablespoons buttermilk or regular milk.

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Italian Chicken Summer Squash Skillet

1 red bell pepper, diced	3 medium summer squash, sliced crosswise	1 (8-ounce) can tomato sauce
1 yellow bell pepper, diced	1 cup whole grain rotini pasta, uncooked	2 tablespoons dried Italian seasoning
1 sweet onion, diced	1½ pounds boneless skinless chicken breast	½ cup shredded Parmesan cheese
2 large tomatoes, diced	Nonstick cooking spray	Salt and pepper, to taste
3-4 garlic cloves, finely diced		

Slice squash into ¼ inch pieces.

Combine all vegetables, with garlic in a bowl. **Set** aside. **Cook** pasta according to package directions. **Cut** chicken into bite size pieces. **Spray** large nonstick skillet with cooking spray; **heat** to medium. **Add** chicken; **cook** 6 minutes or until no longer pink, stirring occasionally. **Add** vegetable mixture to the skillet. **Add** tomato sauce and dried Italian seasoning. **Stir** well. **Increase** heat, **cover** and **bring**

to a boil. **Reduce** heat to medium; **cook** 10 minutes or until summer squash is tender, stirring occasionally. **Stir** cooked pasta into chicken/vegetable mixture. **Sprinkle** with cheese. Season as needed.

Yield: 8 servings

Nutritional Analysis: 200 calories, 4.5 g fat, 2 g saturated fat, 50 mg cholesterol, 300 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugars, 20 g protein.



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

Summer Squash

SEASON: June through October.

NUTRITION FACTS: Squash is low in calories. One cup raw squash contains only 20 calories. It contains vitamins A and C, and is naturally free of fat, cholesterol and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straightneck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty Pan squashes are ready when they are 3-4 inches in diameter or less.

STORAGE: Store unwashed squash in plastic bags in the crisper drawer of the refrigerator. Wash the squash just before preparing. The storage life of summer squash is brief. Plan to use within two to three days.

PREPARATION: Summer squash is a mild flavored vegetable and combines well with herbs and

seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried or used in stir-fry recipes.

PRESERVING: Select small squash with small seeds and a tender rind. Wash and cut into ½ inch slices and heat in boiling water for 3 minutes. Cool promptly in cold water and drain. Pack in containers leaving ½ inch headspace. Seal and freeze.

SUMMER SQUASH

Kentucky Proud Project

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

June 2014

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Source: www.fruitsandveggiesmatter.gov