

Spencer County Family and Consumer Sciences Newsletter

February 2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service

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I can't believe we are heading into February, soon the days will become longer as we head into Spring. This month we have several fantastic events, please look at the enclosed calendar. We encourage you to attend and bring a friend. On February 1, 2023 at 1:00 PM we will have an international lunch. This will be a heart healthy Mediterranean meal that Ryan Linton and I will prepare. Please bring a friend. RSVP to the office by 1/30/23. Hope to see you soon and take care,

Beth Maxedon, Spencer County FCS Agent
Spencer County Extension Agent for
Family and Consumer Sciences

More Information

As always, if you need more information, feel free to **call me** at 477-2217. You can also **email me** at elizabeth.maxedon@uky.edu or **visit my website** to view archived newsletters and news articles at: www.spencerextension.com

Included with the newsletter are a few other items this month:

- The first is the 2023-2024 Louisville Area Extension Homemaker Lesson Ballot. The purpose of this is to determine what Homemaker Leader Lessons will be available for next year. Please mark your choices and return to the extension office no later than 2/20/2023 if you want your vote to count.
- The second is information pertaining to the 2023 KEHA state meeting on May 9th - May 11th at the Crowne Plaza in Louisville. To get the discounted rates make sure you sign-up and pay your registration before April 10, 2023. Late registration will be taken up until April 24, 2023. Also included is a list of important dates throughout the year for KEHA.
- Third is our Adult Health Bulletin and Money Wise info. This month's topic is on Heart-healthy choices you can make every day!

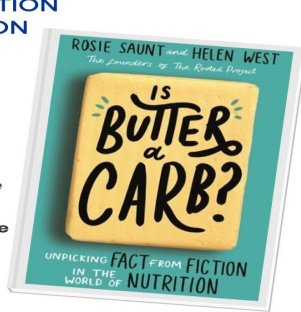
BIG BLUE BOOK CLUB



IS BUTTER A CARB?

UNPICKING FACT FROM FICTION
IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD
ON THURSDAYS

MARCH 2, 9, 16, 23 AT 10AM (ET)

REGISTER BY JANUARY 27, 2023

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

FEBRUARY - Heart Health and International Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 RSVP open to all for Mediterranean lunch	31	1 RSVP for Pathways to Wellness Mediterranean lunch at 1 PM	2	3 Pathways to Wellness @12PM RSVP for Cook Wild KY	4
5	6 Cook Wild KY @ 5PM RSVP @ Ext	7 Patchwork Quilt Guild @ 10AM	8 RSVP for Pathways to Wellness	9 Loyal Homemakers @ 10:30 AM Bluegrass Basket Guild @ 4PM	10 Pathways to Wellness @12PM	11
12	13	14 HAPPY VALENTINES DAY!!!!!!	15 Waterford Home makers @ 10AM RSVP for Pathways to Wellness	16	17 Laugh & Learn @ 10:30AM Make-up Pathways to Wellness @12PM	18
19	20	21	22	23	24	25
26	27 Thread & Thimble @ 10 AM	28	1	2	3	4

Patch worker Quilt Guild (2/7/23)
First Tuesday of the month - 10AM @ the Extension Office
Lani Krazwald (502) 797-1774

Loyal Homemakers (2/9/23)
Second Thursday of the month - 10:30AM @ the Extension Office
Diane Fischer (502) 902-1717

Bluegrass Basket Guild (2/9/23)
Second Thursday of the month - 4PM @ the Extension Office
Nichole Hutchins (502) 422-0719
Facebook: <https://www.facebook.com/groups/129924587048584>

Waterford Homemakers (2/15/23)
Third Wednesday of the month - 10AM @ the Extension Office
Judy Broyles (502) 821-2108

Thread & Thimble (2/27/23)
Fourth Monday of the month - 10AM @ the Extension Office
Gayle Browning (502) 354-1151

Gardening Association (TBD)
Contact Vicky Clark about dates and times (859) 576-9104

RSVP with Nicole by these dates @ (502) 477-2217
1/30/23 - Heart Healthy Mediterranean Lunch
2/1/23; 2/8/23; 2/15/23 - Pathways to Wellness
2/3/23 - Cook Wild KY

Flourish Together with Mona Huff (2/2; 2/9; 2/16; 2/23)
Every Thursday from 1/19-23—3/30/23 @ 2:30PM @ Extension

Pathways to Wellness (2/3; 2/10; 2/17)
Every Friday @ 12PM @ the Extension Office; lunch provided
To sign up call Nicole at (502) 477-2217

Cook Wild KY (2/6/23)
First Monday of the month - 5PM @ the Extension Office
RSVP before hand by calling (502) 477-2217

Laugh & Learn (2/17/23)
Ages 3-5 for school readiness at 10:30 AM - 11:30AM
@ the Spencer County Public Library

Beth Maxedon will be out of the Extension office from 2/20/23 to 2/24/23 for FCS Agent's Training Week. Please call Nicole if assistance is needed.

Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender.
8 ounces reduced fat cream cheese, softened
1 cup brown sugar, divided
1 teaspoon vanilla
1 tablespoon ground cinnamon
2 medium apples, chopped
3 tablespoons butter
¼ cup chopped pecans

1. Preheat oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
2. Mash sweet potatoes. Add cream cheese, $\frac{2}{3}$ cup brown sugar, vanilla and cinnamon. Mix until smooth.
3. Spread sweet potato mixture evenly into pan.
4. Top sweet potatoes mixture evenly into pan.
5. In a small bowl, **combine** flour, oats, and $\frac{1}{3}$ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **Stir** in pecans.
6. Sprinkle mixture over apples.
7. Bake uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

Yield: 16, $\frac{3}{4}$ cup servings.
Nutritional Analysis:
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.



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

Pathways to Wellness is a Kentucky research program designed to better understand the social determinants behind negative health behaviors in our community. Please contact the Extension office at (502) 477-2217 to register. Lunch will be provided during the program.

Homemaker Leader Lessons are held on the fourth Wednesday of the month at 1:30PM and are an opportunity for the greater community of Homemaker's to learn about different topics decided by the Louisville Area Homemaker Lesson Ballot. All in the community are welcome to attend.
February: International Month
March: The Art of Eating Mindfully by Krista Perry
April: Move your way: Exercise for everyone by Heather Toombs





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RETURN SERVICE REQUESTED

EGGROLL IN A BOWL

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in a large skillet over medium heat.
3. Add the ground meat to the skillet and break it up until it is cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.
4. Add garlic, ginger, and soy sauce to the meat, and stir to combine.
5. Add coleslaw mix to the cooked meat. Cook until vegetables are tender.
6. Push mixture in the skillet to make a hole. Crack the egg in the open area, and scramble it until it is cooked through.
7. Stir all ingredients together and serve.
8. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings
Serving size: 1 cup

Cost per recipe: \$6.99
Cost per serving: \$1.17



Ingredients

- 1 tablespoon oil
- 1 pound ground turkey or pork
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 1/4 cup low-sodium soy sauce
- 1 bag coleslaw mix (with carrots)
- 1 whole egg



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.