

Spencer County Family and Consumer Sciences Newsletter



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

Cooperative Extension Service
Spencer County
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January 2023

Happy 2023!

Please make sure to mark your calendars for our exciting upcoming programs and be sure to invite friends to come and join us. If you plan on attending a program please call the office at (502)477-2217 and register with Nicole. This helps us to know what supplies are needed. Hope to see you soon!

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 you can visit my website to view archived newsletters and news articles. The web address is: www.spencerextension.com

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

“HOMEMAKER HIGHLIGHT”



On **January 23, 2023 at 10AM**, in partnership with Sew Blessed Kentuckians, Operation International, and Doctors without Borders, the **Thread & Thimble Homemakers** are inviting the community to join them in an opportunity to benefit children around the world who do not have the option of many clothes. Community members have the opportunity to come sew dresses for young girls around the world.

Donations of cotton fabric are accepted until January 16, 2023 at the Spencer Co. Extension Office
**100 Oak Tree Way
Taylorsville, Kentucky 40071**

For any questions you can call the extension office at (502) 477-2217 or reach out to Gayle Browning at GayleBrowning@hotmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 OFFICE CLOSED FOR HOLIDAY	3 Patchwork quilt guild @10AM	4 Cooking through the calendar on Facebook @ 11AM	5	6	7
8	9 Essentials of Leadership @2PM	10	11	12 Loyal Homemakers @10:30AM Bluegrass basket guild @4PM	13	14
15	16 4-H Country Ham Day! (spaces full)	17	18 Waterford homemakers @10AM	19 Flourish Together with Mona Huff @2:30-4PM	20 Pathways to Wellness @12PM	21
22	23 Thread & Thimble @10AM Jan Project	24	25	26 Flourish Together with Mona Huff @2:30-4PM	27 Pathways to Wellness @12PM	28
29	30	31				

Bluegrass Basket Guild (1/12/23)
Second Thursday of the month - 4PM @ the Extension Office
Nichole Hutchins (502) 422-0719
Facebook: <https://www.facebook.com/groups/129924587048584>

Patch worker Quilt Guild (1/3/2023)
First Tuesday of the month - 10AM @ the Extension Office
Lani Krazwald (502) 797-1774

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

Loyal Homemakers (1/12/23)
Second Thursday of the month - 10:30AM @ the Extension Office
Diane Fischer (502) 902-1717

Waterford Homemakers (1/18/23)
Third Wednesday of the month - 10AM @ the Extension Office
Judy Broyles (502) 821-2108

Thread & Thimble (1/23/23)
Fourth Monday of the month - 10AM @ the Extension Office
Gayle Browning (502) 354-1151

Cook Wild Kentucky CANCELLED
Spencer County Extension office CLOSED for holiday

Essentials of Leadership (1/9/23)
2PM @ the Extension Office
To sign up call Nicole at (502) 477-2217

4-H Country Ham Day (1/16/23)
All spots filled

Flourish Together with Mona Huff (1/19/23)
Every Thursday from 1/19-23—3/30/23
2:30PM—4PM

Pathways to Wellness (1/27/23)
Every Friday starting 1/20/23 @12PM
To sign up call Nicole at (502) 477-2217

Homemaker Leader Lesson (1/22/23)
A take home packet will be provided at the Extension Office

(UPCOMING) Big Blue Book Club
Starting 3/23/23 focusing on nutrition facts from fiction



Zippy Corn Chowder

1 medium onion, chopped	and chopped	3 cups fresh or frozen whole kernel corn
1 green pepper, chopped	2 teaspoons Dijon mustard	4 green onions, chopped
1 tablespoon butter	1 teaspoon basil	2 cups skim milk, divided
1 (14.5 ounce) can low-sodium chicken broth	½ teaspoon paprika	2 tablespoons all-purpose flour
2 large red potatoes, cubed	½ teaspoon crushed red pepper flakes	1 teaspoon salt (optional)
1 jalapeno pepper, seeded		

In a large saucepan, sauté onion and green pepper in butter until tender. Add broth and cubed potatoes. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are almost tender. Stir in jalapeno, mustard, basil, paprika and red pepper flakes. Add corn, green onions and 1½ cups of milk. Bring to a boil. In a separate bowl, combine all-purpose flour and remaining ½ cup milk, stirring until smooth. Gradually add mixture to soup. Bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly.

Yield: 8, 1 cup servings

Nutritional Analysis: 190 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 350 mg sodium, 34 g carbohydrate, 4 g fiber, 10 g sugar, 7 g protein



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

Flourish Together classes promote healthy lifestyles to manage and prevent chronic diseases, as we learn together in a social environment. We will make goals that are achievable in a fun and friendly atmosphere. Contact Ramona Huff at (502) 706-0098 and call (502) 477-2217 to register.

Essentials of Leadership is a leadership program focusing on understanding the components of leadership and how they work together. This program will be led by Beth Maxedon and will discuss how we help understand and be better leaders. During the discussion we will be making bread in a bag. Please call (502) 477-2217 to register.

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.



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RETURN SERVICE REQUESTED

Commodity Cooking CREAMED CABBAGE SOUP



COOK TIME
45 minutes



SERVINGS
8

INGREDIENTS

- 2 (14½ ounce) cans low sodium chicken broth
- 2 celery ribs, chopped
- 1 medium head cabbage, shredded (about 6 cups)
- 1 medium onion, chopped
- 1 cup chopped carrot
- 3 medium potatoes, peeled and cubed
- ¼ cup butter or margarine
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon thyme
- 1 (12 ounce) can non-fat evaporated milk
- 1½ cups skim milk
- 2 cups cubed fully cooked ham
- Chopped fresh parsley (optional)



METHOD

1. In a large soup kettle or Dutch oven, combine broth, celery, cabbage, onion, carrot and potatoes; bring to a boil.
2. Reduce heat; cover and simmer for 15 to 20 minutes or until vegetables are tender.
3. Meanwhile, melt butter in a medium saucepan.
4. Add flour, salt, pepper and thyme; stir to form a smooth paste.
5. Combine milks; gradually add to flour mixture, stirring constantly.
6. Cook and stir until thickened; continue cooking 2 minutes longer.
7. Gradually stir into vegetable mixture.
8. Add ham and heat through.
9. Garnish with parsley.