

Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

April 2025

 Cooperative
Extension Service

Cooperative Extension Service
Spencer County
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100 Oak Tree Way
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Homemaker Groups

Patch worker Quilt Guild (4/1, 4/15)

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

Loyal Homemakers (4/10)

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

Bluegrass Basket Guild (4/10)

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 (4/16)

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 (4/28) - RSVP

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

Bunco Group (4/1)

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

Lunch Bunch (4/11). RSVP by 4/4/25

When: 2nd Friday of the month
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Time: 10 AM - 12 PM

Active Living (April 1, 8, 15, 22, 29)

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

Cook Wild KY (4/3)

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 ****

Cooperative Extension Service

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Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 	31	1 Patchworker's Quilt Guild - 10 am Active Living - 10 am Bunco - 11 am	2	3 Cook Wild KY - 5 pm	4 Last day to R.S.V.P. for April 11th Lunch Bunch!	5
6	7	8 Active Living - 10 am	9	10 Loyal Homemakers - 10:30 am Bluegrass Basket Guild - 4 pm	11 Lunch Bunch 10 am - 12 pm Puerto Rican Cooking Class and sampling with Lina Perez-Robles.	12
13	14	15 Patchworker's Quilt Guild - 10 am Active Living - 10 am	16 Waterford Home- makers - 10 am	17	18	19
20	21	22 Active Living - 10 am	23	24	25	26
27	28 Thread and Thimble - 10 am	29 Active Living - 10 am	30	1	2	3

Upcoming Dates

4/11: Lunch Bunch International Taste of Puerto Rico at Spencer County Extension Office, RSVP by calling the office, limited spots.

May 6-8: KEHA State Meeting in Lexington

5/29: Please mark your calendar for the Spencer County Homemaker Dinner on May 29, 2025. Registration will begin at 5 pm. Please RSVP by May 22, 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.

6/17: Louisville Area KEHA Meeting in Henry County at the Celebration Barn.

Group Updates

Thread and Thimble Monthly Projects

April: Project Pouches

May: Little purses

June: Jean Jackets

July: Bring your own project

August: Bring your own project

September - November: TBD

December: Dresden Plates table topper

Bunco Group Monthly Potluck Themes

April: Rainy day recipes

May: Derby



Pepper Sauce Zoodles with Chicken

3 skinless, boneless chicken breast halves

1 ¼ teaspoons paprika, divided

1 ¼ teaspoons salt, divided

¼ teaspoon cayenne pepper

2 ½ tablespoons olive oil, divided

1 medium onion, diced

1 red bell pepper, diced

1 green bell pepper, diced

4 fresh Roma tomatoes, diced

3 garlic cloves, minced

½ teaspoon dried basil

½ teaspoon dried oregano

½ teaspoon freshly ground black pepper

4 zucchini, cut into noodles with a spiralizer

Dice chicken breasts and **season** with ¼ teaspoon paprika, ¼ teaspoon salt, and ¼ teaspoon cayenne pepper. In a large pan, **sauté** chicken in 1 tablespoon olive oil until chicken is no longer pink in the center and the juices run clear. **Remove** chicken to a bowl and **set** aside. In a medium saucepan, **add** ½ tablespoon olive oil, onions, and red and green peppers. **Cook** on medium-high heat until the peppers and onions are tender. **Add** tomatoes, garlic, basil, oregano, 1 teaspoon paprika, black pepper,

and 1 teaspoon salt. **Simmer** on low for 5 minutes, **stirring** often. **Add** 1 tablespoon olive oil to large pan. **Heat** to medium-high and **sauté** zucchini noodles 3 to 5 minutes. **Top** zucchini noodles with chicken breasts and pepper sauce.

Yield: 6 servings

Nutritional Analysis: 170 calories, 8 g fat, 1.5 g saturated fat, 45 mg cholesterol, 530 mg sodium, 11 g carbohydrate, 3 g fiber, 6 g sugars, 0 g added sugars, 16 g protein.