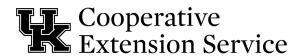
# **Spencer County** Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

# **April 2025**



**Cooperative Extension Service** 

Spencer County PO Box 368 100 Oak Tree Way Taylorsville KY 40071-0368

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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

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

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)

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30  KENDON WONENAKERS ASOOD TO THE WASTERS ASOOD TO	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!	v
9	7	8 Active Living - 10 am	6	10 Loyal Homemakers - 10:30 am Bluegrass Basket Guild - 4 pm	Lunch Bunch 10 am - 12 pm Puerto Rican Cooking Class and sampling with Lina Perez-Robles.	12
13	14	Patchworker's Quilt Guild - 10 am Active Living - 10 am	16 Waterford Home- makers - 10 am	17	18	19
20	21	Active Living - 10 am	23	24	25	26
27	<b>28</b> Thread and Thimble - 10 am	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 14 teaspoons salt, divided
14 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

1/2 teaspoon dried basil 1/2 teaspoon dried

oregano

1/2 teaspoon freshly ground black pepper

4 zucchini, cut into noodles with a spiralizer

Dice chicken breasts and season with ½ 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 mediumhigh 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.