

Spencer County Family and Consumer Sciences Newsletter



Cooperative Extension Service
Spencer County
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I hope you and your loved ones are having a wonderful holiday season! May this time of year bring you joy, peace, and love. May it also remind you of all the blessings in your life and get new ones in the coming year. Wishing you a happy and healthy new year filled with energy and positivity!

Blessings to all,

Beth Maxedon, Spencer County FCS Agent

December 2023

Homemaker Groups

Patch worker Quilt Guild (12/5 & 12/19)

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

Loyal Homemakers (12/14) - RSVP FULL

When: 2nd Thursday of the month
Where: Milano's (Shelbyville) - **No spots left.**
Contact: Wendi Bazemore - (502) 912-7372
Time: 11:30 AM

Bluegrass Basket Guild (12/14)

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 (12/20) - RSVP

When: 3rd Wednesday of the month
Where: Claudia Sanders Restaurant
Contact: RSVP w/ Judy Broyles - (502) 821-2108
Time: 10 AM

Gardening Association (12/13) - RSVP

Christmas Gathering at 6:30 PM. RSVP with Vicki Clark - (859) 576-9104

Thread & Thimble (12/18) - RSVP

When: 4th Monday of the month
Where: Spencer County Extension Office
Contact: Gayle Browning - (502) 354-1151
Time: 10:30 AM

Bunco Group (12/5 & 12/19)

When: December 5th & 19th
Where: Spencer County Extension Office
Contact: Cindy Neely and Julie Hart
Time: (1st) 2:30 PM, (3rd) 5:30 PM
Note: Please bring a finger food to share!

Lunch Bunch (12/8)

When: 2nd Friday of the month
Where: Revival Coffee Co. (Taylorsville)
Contact: Beth Maxedon - (502) 477-2217
Time: 11 AM

Active Living (December 5th, 12th, & 19th)

When: Every Tuesday of the month
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Time: 10 AM - 11 AM

SAVE THE DATE - June 11, 2024

Louisville Area Homemakers 100th Annual Meeting at MillaNova Winery in Mt. Washington, KY!

We'll make sure to follow up with you as things are finalized.

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
26 	27	28	29	30	1	2
3	4 Cook Wild - 5 PM Please bring a side dish to share.	5 Patch worker Quilt Guild - 10 AM Bunco Group - 2:30 PM Active Living - 10 AM	6	7	8 Lunch Bunch - 11 AM Revival Coffee Co. 103 Realty Drive, Fisherville, KY	9
10	11	12 Active Living - 10 AM	13 Garden Club - 6:30 PM. Please RSVP with Vicki for their Christmas gathering	14 Loyal Homemakers 11:30 AM - Milano's in Shelbyville Bluegrass Basket Guild - 4 PM	15	16
17	18 Thread & Thimble - 10:30 AM. Christmas luncheon. RSVP with Gayle and bring a side dish to share!	19 Patch worker Quilt Guild - 10 AM Bunco Group - 5:30 PM Active Living - 10 AM	20 Waterford Homemakers 11: 30 AM Claudia Sanders Restaurant. RSVP with Judy.	21	22	23
24	25 Happy Holidays!	26 Happy Holidays!	27 Happy Holidays!	28 Happy Holidays!	29 Happy Holidays!	30 Happy Holidays!
31 Happy New Year's Eve!						

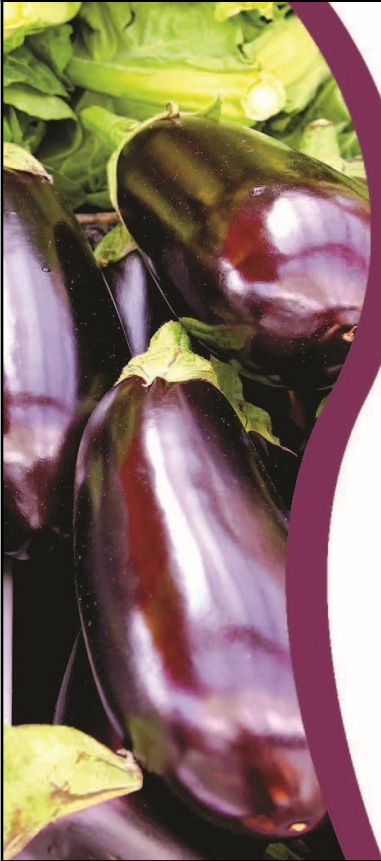


Scan this QR code to join the Spencer Co. Homemakers Facebook Group

Community Assessment Survey

Take our ten-minute, state-wide survey to help us develop programs addressing needs in our community.

Scan the code or visit:
go.uky.edu/serveKY



Ratatouille Soup

1 small eggplant, peeled and cubed
2 teaspoons salt
1 pound lean ground chuck
1 tablespoon canola oil
1 medium zucchini, chopped

1 medium bell pepper, chopped
1 medium onion, chopped
1 tablespoon finely minced garlic (about 3 cloves)
1 14.5 ounce can low sodium beef broth

1 24 ounce jar chunky garden style pasta sauce
2 cups water
1 teaspoon dried basil
1 cup uncooked whole grain pasta

Place the cubed eggplant in a colander. **Toss** with the salt and let set for 20-25 minutes. Thoroughly **rinse** in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, **brown** the ground beef over medium heat until crumbly and no longer pink. **Drain**. Raise the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the zucchini, bell pepper, onion and garlic. **Cook** together for 5-7 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to **cook** for 5

minutes. **Add** the beef broth, pasta sauce, water and basil. Bring to a **boil**, then reduce heat to medium-low, **cover** and **simmer** for 10 minutes. **Add** the pasta. Raise heat to medium. Bring to a slow **boil** and **cook**, stirring occasionally for 10-12 minutes, or until the pasta is tender.

Yield: 12, 1 cup servings

Nutritional Analysis: 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugar, 13 g protein



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

Deep Dish Apple Cranberry Pie

Ingredients:

- 4 apples
- 2 1/2 cups of cranberries
- 3/4 cups of sugar
- 1/4 cup of all-purpose flour
- 1 teaspoon of apple pie spice
- 1 pie crust

Directions:

1. Wash hands with soap and water.
2. Stir all ingredients together in a bowl and place in a 10-inch deep dish pie pan.
3. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.
4. Bake at 375 degrees Fahrenheit for about an hour. Serve warm.
5. Refrigerate any leftovers.



Cranberries and apples are the perfect combination for this delicious homemade dessert.

Serving size: 1 slice, makes 10 servings.

Source: Food and Health Communications, Inc.