

Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

June 2025

UK Cooperative
Extension Service

Cooperative Extension Service
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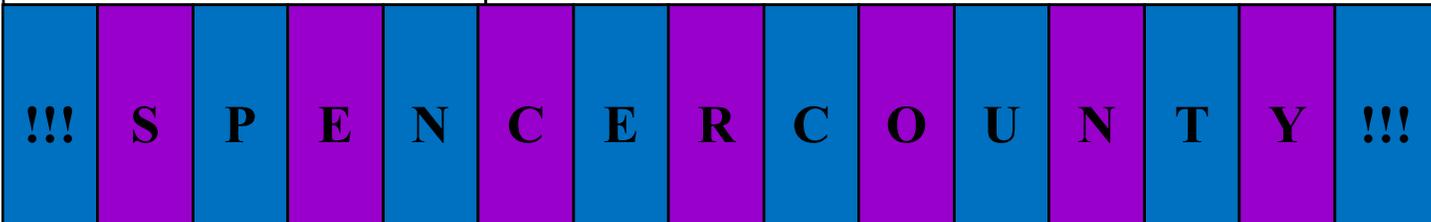


Congratulations to Mary Burchyett for winning first place in her category at the Spencer County, Louisville Area, and KEHA Events with her quilt! Mary also received a purple ribbon, making her the Quilt Class Champion for Kentucky this year! Awesome work!

Congratulations to Craig Neely for winning first place in his category at the Spencer County, Louisville Area, and KEHA Events with his hand-crafted wooden bowl!

Congratulations to Polly Pennington for winning first place in her category at the Spencer County, Louisville Area, and KEHA Events with her needlepoint tissue container!

Thank you all, and all who submitted pieces, for representing Spencer County so well! We are blessed to have you!



**Cooperative
Extension Service**

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Disabilities
accommodated
with prior notification.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>June 1</p> 	<p>2</p>	<p>3 Patchworker Quilt Guild - 10 am Bunco - 11 am</p>	<p>4</p>	<p>5 Cook Wild KY - 5 pm</p>	<p>6</p>	<p>7</p>
<p>8</p>	<p>9</p>	<p>10 Active Living - 10am</p>	<p>11</p>	<p>12 Bluegrass Basket Guild - 4 pm</p>	<p>13 Lunch Bunch - 11 am at the Brass Social in J-Town</p>	<p>14</p>
<p>15</p>	<p>16</p>	<p>17 Patchworker Quilt Guild - 10 am Louisville Area KEHA Meeting in Henry County</p>	<p>18</p>	<p>19 Juneteenth - Office Closed</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23 Thread and Thimble - 10 am</p>	<p>24 Active Living - 10am</p>	<p>25</p>	<p>26 Spencer Co. Homemakers Fundraiser Night Taylorsville, DQ from 5 - 8 PM. Must bring attached flyer!</p>	<p>27 Kentucky Renaissance Health Fair-2-5 PM. 955 Elm Street, Eminence, KY</p>	<p>28</p>
<p>29</p>	<p>30</p>	<p>July 1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>

Upcoming Dates

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

June 26: Spencer County Homemaker's Fundraiser Night at the Taylorsville Dairy Queen from 5 - 8 PM. **Must present the attached DQ flyer at checkout to qualify!**

Spencer County Fair Open Entry
July 16th - 4:00-7:00 PM at Exhibit Hall
July 17th - 10:00 AM-1:00 PM at Exhibit Hall

September 12 - 13: Bluegrass Basket Guild's 4th Annual Basket Bonanza! Registration will be open soon, find more information on their Facebook page or by coming to the Extension Office!

Group Updates

Thread and Thimble Monthly Projects

June: Jean Jackets
July - August: Bring your own project
September - November: TBD
December: Dresden Plates table topper

Walk Kentucky

Keep moving! Please turn in completed forms by June 23, 2025 to the Extension Office.

Cook Wild

June 5th, 5 PM: Grilling hot dogs, bring a side dish to share.
August 7th, 5 PM: Hunters for the Hungry will be presenting information about their organization.

Homemaker Groups

Patch worker Quilt Guild (6/3, 6/17)

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

Loyal Homemakers

When: Summer Outings
Where: Spencer County Extension Office
Contact: Wendi Bazemore - (502) 912-7372
Time: 10:30 AM

Bluegrass Basket Guild (6/12)

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

When: Summer Outings
Where: Spencer County Extension Office
Contact: Judy Broyles - (502) 821-2108
Time: 10 AM

Gardening Association

Contact Vicki Clark - (859) 576-9104

Thread & Thimble (6/23) - RSVP

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

Bunco Group (5/6)

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

Lunch Bunch (6/13). RSVP by 6/9/25

When: 2nd Friday of the month
Where: Brass Social, Jeffersontown
Contact: Beth Maxedon - (502) 477-2217
Time: 11 AM

Active Living (June 10, 24)

When: *2nd and 4th Tuesdays, due to conflicts.*
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Time: 10 AM

Cook Wild KY (June 5th)

When: 1st Thursday of even months, 5PM
Where: Spencer County Extension Office
Contact: Beth Maxedon - (502) 477-2217
Theme: Grill Safety

**For Homemaker Club announcements please email info to Ryan by the first of the month at ryan.linton@uky.edu **



Spring Harvest Salad

5 cups torn spring leaf lettuce

2½ cups spinach leaves

1½ cups sliced strawberries

1 cup fresh blueberries

½ cup thinly sliced green onions

Dressing:

4 teaspoons lemon juice

2½ tablespoons olive oil

1 tablespoon balsamic vinegar

1½ teaspoons Dijon mustard

2 teaspoons Kentucky honey

½ teaspoon salt

¼ cup feta cheese crumbles

½ cup unsalted sliced almonds

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. Prepare dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

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



Kentucky Lettuce

SEASON: Early to late spring.

NUTRITION FACTS: Lettuces have 5-15 calories per cup depending on variety.

Lettuce provides vitamins A and C, calcium, and iron.

SELECTION: Choose crisp, brightly colored lettuce with no blemishes, slime, browning or wilted leaves.

STORAGE: Store washed and dried lettuce in a plastic bag in the refrigerator for three to five days, depending on the variety.



PREPARATION: Wash well and dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches.

Lettuce can also be steamed or added to soups at the end of cooking.

LETTUCE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

March 2012

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