

Spencer County Family and Consumer Sciences Newsletter



Cooperative Extension Service
Spencer County
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View archived newsletters and articles at
www.spencerextension.com.

For more information call us at 477-2217 or
email me at elizabeth.maxedon@uky.edu

Beth Maxedon, Spencer County FCS Agent

November 2023

Homemaker Groups

Patch worker Quilt Guild (11/7 & 11/21)

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

Loyal Homemakers (11/9)

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

Bluegrass Basket Guild (11/9)

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 (11/15)

When: 3rd Wednesday of the month
Where: Spencer County Extension Office
Contact: Judy Broyles - (502) 821-2108
Time: 10 AM

Gardening Association

Contact: Vicky Clark - (859) 576-9104
Not meeting in November

Thread & Thimble (11/27)

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

Bunco Group (11/7 & 11/21)

When: November 7th & November 21st
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 (11/10)

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

Active Living (11/7, 11/14, 11/21, 11/28)

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

Scan this QR code to
join the Spencer
County Homemakers
Facebook Group



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
29 	30	31	November 1 Please turn in \$12 dues to the Spencer County Extension Office no later than November 1st, 2023.	2	3	4
5	6	7 Patch Worker Quilt Guild - 10 AM Bunco Group - 2:30 PM Active Living - 10 AM	8	9 Loyal Homemakers - 10:30 AM Bluegrass Basket Guild - 4 PM	10 Lunch Bunch - 11 AM Meeting at McDonalds in Taylorsville	11
12	13	14 Active Living - 10 AM	15 Waterford Homemakers - 10 AM	16	17	18
19	20	21 Patch Worker Quilt Guild - 10 AM Bunco Group - 5:30 PM Active Living - 10 AM	22	23 Office Closed	24 Office Closed	25 Happy Thanksgiving!
26	27 Thread and Thimble - 10 AM	28 Active Living - 10 AM	29	30	1	2

Community Assessment Survey

Take our ten-minute, state-wide survey to help us develop programs addressing needs in our community. With direction from you we can continue *real* work that matters to *real* people. *People like you.*

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



Spicy Baked Squash

Source:
Pennsylvania Nutrition
Education Network

Ingredients

1 Acorn squash
2 tbsp margarine
9 tsp brown sugar
1 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp ginger
salt to taste

Directions

- Preheat oven to 400 degrees.
- Coat baking sheet with vegetable cooking spray.
- Wash squash. Cut in half lengthwise. Remove seeds.
- Cut squash into 1/2 inch slices.
- Place squash on baking sheet, sprinkle with salt.
- Melt margarine on low heat in saucepan. Add spices.
- Spread margarine mix on squash.
- Bake for 20-25 minutes, until tender.

Makes
4
servings



Fall Spiced Pumpkin Bread

1/2 cup all-purpose flour
1 1/4 cup whole-wheat flour
1 1/2 teaspoons baking powder
1 teaspoon baking soda

2 teaspoons pumpkin pie spice
1/2 teaspoon salt
1/2 cup melted margarine
1/2 cup sugar

1/2 cup honey
2 cups pumpkin puree
1/3 cup olive oil
2 eggs
1/3 cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

Plate it up!

