

Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

October 2024

 Cooperative
Extension Service

Cooperative Extension Service
Spencer County
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KEHA Events

KEHA Week, October 14 - October 18, 2024

Homemaker's "Family Favorites" Potluck

October 15, Registration - 11:30, Lunch - 12:00
R.S.V.P. by October 10th, call (502) 477-2217.
Bring a favorite family dish to share. Ham and drinks will be provided by the Extension Office.

Homemaker Movie Day

Thursday, October 17 at 1:30PM.
We will be streaming *My Fair Lady* and a discussion about costuming and design will follow. Bring your favorite movie snack to share!

KEHA Homemakers Display

Come visit the Spencer County Homemaker's Display during the month of October at the Spencer County Public Library! They are open starting at 10AM from Tuesday - Saturday.

Cultural Arts Contest

Cultural Arts items need to be submitted to the Spencer County Extension Office by 4:30 PM on March 24, 2025 for judging. The Louisville Area Cultural Arts Contest will be on March 28, 2025 in Henry County.

Spring Area Leader Lesson - 3/11/25
Louisville Area Annual Meeting - 6/17/25
At the Celebration Barn (w/ AC) in Henry Co.

Community Baby Shower

The community baby shower will be October 4, 2024. We're collecting baby blankets at the Extension Office.

Spencer County Ag Day

Ag Day at SCES will be on 10/11/24.

Celebrating 100 Years of Extension in Spencer Co.

Join us on October 24th at 4PM for the 100 Year celebration of Cooperative Extension in Spencer County. Open House will start at 4PM and run until 7PM. The SCHS Culinary Class will be providing appetizers during this time. The program will begin at 7PM. RSVP by calling (502) 477-2217 by October 19th or by scanning the QR Code:



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

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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Disabilities
accommodated
with prior notification.

Homemaker Group Updates

Cook Wild KY - "In the Face of Disaster"
10/7/24 and 1/6/25 at 5 PM.

All are welcome to attend, bring a side dish to share and a canned good that you would eat in an emergency situation.

R.S.V.P. by a week before the program.

Thread and Thimble

October: Christmas Stockings

November: Pin Cushion with pocket to hold your sewing accessories on 11/18.

December: 12/16, project to be determined

Community Service Day

Project Pillowcase

We are excited to extend an invitation to you for our "Project Pillowcase" event. We'll sew pillowcases to include in holiday care packages for our service members abroad. Regardless of your sewing skills, your contribution is priceless. All materials will be supplied, so just bring your energy. Bringing additional fabric is optional. If you are unable to attend you may still donate fabric. Lunch Provided.

When: 9/23/24, 10AM - 3:30PM

Where: Spencer County Extension Office

RSVP by 9/12/24, call (502)477-2217.

Donations will be accepted at all Louisville Area Extension Offices until 10/25/24.

Homemaker Groups

Patch worker Quilt Guild (10/1, 10/15)

When: 1st and 3rd Tuesday of the month

Where: Spencer County Extension Office

Contact: Lani Kratzwald - (502) 797-1774

Time: 10 AM

Loyal Homemakers (10/10)

When: 2nd Thursday of the month

Where: Spencer County Extension Office

Contact: Wendi Bazemore - (502) 912-7372

Time: 10:30 AM

Bluegrass Basket Guild (10/10)

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 (10/16)

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 (10/28) - RSVP

When: 4th Monday of the month

Where: Spencer County Extension Office

Contact: Gayle Browning - (502) 354-1151

Time: 10 AM

Bunco Group (10/1)

When: 10/1, 1st Tuesday of the month

Where: Spencer County Extension Office

Contact: Cindy Neely and Julie Hart

Time: 11 AM

Theme: Bring a Farm-to-Table snack!

Lunch Bunch (10/11) - RSVP

When: 2nd Friday of the month

Where: Milano's, Mt. Washington

Contact: Beth Maxedon - (502) 477-2217

Time: 11 AM

Active Living (October 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(10/7, 1/6, 3/3, 5/5) - RSVP

When: **October 7th at 5PM, rsvp by 10/1**

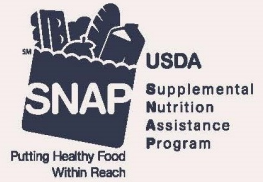
Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Theme: "In the Face of Disaster."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 	30	October 1 Patchworkers Quilt Guild - 10AM Active Living - 10AM Bunco - 11AM	2	3	4 Community Baby Shower - 11AM	5 Taylorsville Octoberfest!
6	7 Cook Wild - 5PM 'In the Face of Disaster'. Bring a dish to share and canned good to eat in case of disaster	8 Active Living - 10AM	9	10 Loyal Homemakers - 10:30AM Bluegrass Basket Guild - 4PM	11 Lunch Bunch - 11AM at Milano's in Mt. Washington. AG Day at SCES	12
13	14 Start of Homemaker Week!	15 Patchworkers Quilt Guild - 10AM Active Living - 10AM Homemaker Potluck - 11AM	16 Waterford Homemakers - 10AM	17 Watch Party: "My Fair Lady" at 1:30 PM. Bring snack to share. Brief lesson about costume after.	18 End of Homemaker Week!	19
20	21	22 Active Living - 10AM	23	24 100 Year Celebration of Extension in Spencer County! Starting at 4PM.	25 Last day to donate for Project Pillowcase at Louisville Area Extension Offices.	26
27	28 Thread and Thimble - 10AM	29 Active Living - 10AM	30	31 Trick or Treat on Main Street! Happy Halloween!	November 1	2

Sweet Potato Hash



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Directions

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
 4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
 5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
 6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
 7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
 8. Refrigerate leftovers within 2 hours.
- 2 tablespoons olive oil
 - 1 medium onion, diced
 - 1 teaspoon salt
 - 1 1/2 teaspoons dried oregano
 - 3/4 teaspoon black pepper
 - 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
 - 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
 - 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
 - 4 ounces baby spinach (about 4 cups)
 - 2 tablespoons apple cider vinegar

Makes 8 servings
Serving size: 1/8th of recipe
Cost per recipe: \$14.17
Cost per serving: \$1.77

Source:
Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service

Ingredients

Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ 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.

