

Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

September 2024

 Cooperative
Extension Service

Cooperative Extension Service
Spencer County
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KEHA Fall Events

Louisville Area Homemaker Leader Lessons

September 10, 2024 - 9:30AM - 2PM.

Shelby County Extension Office

Call (502) 477-2217 to R.S.V.P.

Box lunch is \$12. Pay by 9/3/24. Make checks out to Shelby Co. Extension Board.

Lessons to be presented:

- Using your air fryer
- Scam red flags and avoiding fraud
- Handy to have: Emergency health information
- Savvy online grocery shopping

The lesson topics were voted on by homemaker members in the Louisville Area. The NEW format will be a one-day area-wide workshop where four separate lesson topics will be presented. Clubs are encouraged to present each lesson at a subsequent monthly club meeting. Anyone in the community is welcome to attend.

KEHA Week, October 14 - October 18, 2024

Homemaker's "Family Favorites" Potluck

October 15, Registration - 11:30, Lunch - 12:00

Bring a dish to share! Ham and drinks provided.

Homemaker Movie Night-Thursday, October 17

Streaming *My Fair Lady* at the Extension Office starting at 1:30 PM. Bring a snack to share!

Cultural Arts Contest

Items due to the Spencer County Extension Office by 4:30 PM on 3/24/25 for judging. The Louisville Area Contest will be on 3/28/25 in Henry Co.

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.



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.

Derby Dinner Playhouse

Derby Dinner will be 8/22/24.

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

Cooperative Extension Service

Agriculture and Natural Resources
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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

September: Burrito style pillow case.

Military Mission is asking for pillow cases for troops overseas. They need as many as possible **by October 31**. We will accept donations and cotton fabric as well.

October: Christmas Stocking.

November: Pin Cushion with pocket to hold your sewing accessories.

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 (9/3, 9/17)

When: 1st and 3rd Tuesday of the month

Where: Spencer County Extension Office

Contact: Lani Kratzwald - (502) 797-1774

Time: 10 AM

Loyal Homemakers (9/12)

When: 2nd Thursday of the month

Where: Spencer County Extension Office

Contact: Wendi Bazemore - (502) 912-7372

Time: 10:30 AM

Bluegrass Basket Guild (9/12)

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 (9/18)

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 (9/23) - RSVP

When: 4th Monday of the month

Where: Spencer County Extension Office

Contact: Gayle Browning - (502) 354-1151

Time: 10 AM

Bunco Group (9/3)

When: 9/3, 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 (9/13) - RSVP

When: 2nd Friday of the month

Where: Cattleman's, Shelbyville

Contact: Beth Maxedon - (502) 477-2217

Time: 11 AM

Active Living (September 3, 17, 24)

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**

Where: Spencer County Extension Office

Contact: Beth Maxedon - (502) 477-2217

Theme: "In the Face of Disaster."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Spencer County Homemaker's Dues can start being paid in September!	2 OFFICE CLOSED FOR LABOR DAY.	3 Patch worker's Quilt Guild - 10AM Active Living -10AM Bunco - 11AM	4	5	6	7
8	9	10 Louisville Area Homemaker Leader Lessons @ Shelby Co. 9:30AM - 2PM	11	12 Loyal - 10:30AM Basket Guild - 4PM	13 Lunch Bunch - 11AM Cattlemen's Road House 221 Breighton Circle Shelbyville, KY 40065 Bluegrass Basket Guild Retreat: Basket Bonanza	14 Bluegrass Basket Guild Retreat: Basket Bonanza
15	16	17 Patch worker's Quilt Guild - 10AM Active Living - 10AM	18 Waterford - 10AM	19	20	21
22	23 Thread & Thimble - 10AM - Project Pillowcase Community Service Project (open to all who want to attend.)	24 Active Living - 10AM	25	26 FCS Council	27	28
29 	30	October 1 Patch worker's Quilt Guild - 10AM Active Living -10AM Bunco - 11AM	2	3	4 Community Baby Shower. Currently accepting donations of baby blankets at the Extension Office!	5 Taylorsville Octoberfest



Ramen Skillet Dinner



Nutrition facts per serving:

280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source:

Martha Yount, former Nutrition Education Specialist, University of Kentucky Cooperative Extension Service



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

Makes 4 servings
Serving size: 1 1/2 cups
Cost per recipe: \$7.66
Cost per serving: \$1.92

Ingredients

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 medium carrot, thinly sliced
- 1 bag (16 ounces) frozen broccoli
- 2 cups cooked chicken, chopped
- 1 package (3 ounces) chicken-flavored instant ramen noodles
- 1 cup water
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon red pepper flakes

Directions

1. Wash hands with warm water and soap 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 oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).
4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.



Potato Broccoli Soup

4 cups cubed potatoes	3 cups 2% milk	2 green onions , finely minced, divided
2 heads broccoli, (3-4 cups florets)	1/4 teaspoon salt	1/2 cup reduced-fat sour cream
2 tablespoons olive oil	1/2 teaspoon pepper	1/4 cup bacon bits (optional)
1/4 cup all-purpose flour	5 ounces cheddar cheese, reduced-fat, shredded	
1/3 cup melted butter		

Preheat oven to 375 degrees F. **Place** potatoes in large saucepan, **cover** with water and bring to a boil. **Reduce** heat and **cook** potatoes until tender, about 15 minutes. **Cut** broccoli heads into small florets and **place** on baking tray. **Drizzle** with olive oil and **roast** for 15 minutes. **Drain** cooked potatoes in a colander. In the saucepan, **combine** the flour and melted butter; **cook** on medium heat for 1 minute. Slowly **add** milk to the mixture, stirring constantly until thickened. Soup can be thinned by adding an additional

1/2 cup of milk or water, if desired. **Add** the potatoes, broccoli, salt, pepper, cheese, half of the green onions and bacon bits. **Cook** on low until heated. A few minutes before serving, **add** the sour cream and **stir** to combine. **Serve** topped with remaining onions.

Yield: 6, 1 1/4 cup servings

Nutritional Analysis: 390 calories, 24 g fat, 13 g saturated fat, 60 mg cholesterol, 370 mg sodium, 30 g carbohydrate, 3 g fiber, 9 g sugars, 15 g protein.