

Spencer County Family and Consumer Sciences Newsletter

June 2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service
Spencer County
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More Information

If you need more information, feel free to **call us** at 477-2217. You can also **email Beth** at elizabeth.maxedon@uky.edu or **visit our website** to view archived newsletters and news articles at: www.spencerextension.com

Beth Maxedon, Spencer County FCS Agent

Summer Updates

Highlight on Waterford Homemaker's Club

June - Belle of Louisville Trip, June 15, \$24, contact Judy Broyles for more information
July - Tour of Roots 101 in Louisville, regular meet time.
August - Shopping in Bardstown regular meet time.

Highlight on Thread and Thimble

June - Knit T-shirts
July - Knit T-shirts
August - Cutting Day for September Dress Project
September - 18th, Dress Making Day.
September - Regular meeting time will be starting a quilt.

Highlight on Bluegrass Basket Guild

June - UFO Night, regular time
June - 24th, beginner class, \$40, from 9 - 3
July - All-American baskets, taught by Shirley Thomas
Cost: \$55, for more information contact (502) 477-2335
August - UFO Night, regular time
September - Mini Retreat, September 22 - 23

Spencer County SUDS Awareness

The substance Use Disorder Strategy Coalition is a community-led organization to address addiction issues in Henry, Shelby, Spencer, and Trimble Counties. On June 3rd, 2023 at 11AM come to Spencer County High School to learn about how substance abuse affects those that USE AND DON'T USE drugs in your community at a free, family-oriented event that focuses on Spencer County.

Spencer County Fair Exhibit Information

Enter Exhibits at the Spencer County Fairgrounds at the Exhibit Hall, 895 Fairgrounds Road
Wednesday, July 12th - 4-7pm
Thursday, July 13th - 10am - 1pm
Pick up Exhibits - Sunday, July 16th - 1:30-2:30pm

2023 KEHA State Meeting



Spencer County was recognized at the state meeting for increasing membership by 25!

Thank all of you for your time, dedication, and effort in making our Homemaker family and Extension community the best it can be!

Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

June - Great Outdoors Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	May 31st	1 WALK KY Program begins through August 1st.	2 Deadline to submit volunteer hours to Beth	3 SUDS at SCHS, 11-1
4	5	6 Multipurpose 11-12 Patchworker Quilt Guild - 10AM	7	8 Bluegrass Basket Guild - 4PM	9	10
11	12	13 Louisville Area Annual Homemak- er Meeting: Richwood on the River	14	15 Waterford Home- makers Bell of Louisville Trip	16	17 Laugh and Learn 10:30AM
18	19 OFFICE IS CLOSED FOR NATIONAL OB- SERVANCE OF JUNETEENTH	20 Patchworker Quilt Guild - 10AM	21	22	23	24
25	26 Superstar Chef, 10AM - 2PM Thread and Thimble - 10AM	27 Superstar Chef, 10AM - 2PM	28 Superstar Chef, 10AM - 2PM	29	30	July 1st

Patch worker Quilt Guild (6/6/23)
First and third Tuesday of the month -
10AM @ the Extension Office
Lani Kratzwald (502) 797-1774

Loyal Homemakers - summer outings June, July, and August.
Second Thursday of the month
Contact Diane Fischer (502) 902-1717 for summer outing info.

Bluegrass Basket Guild (6/8/23)
Second Thursday of the month - 4PM @ the Extension Office
Nichole Hutchins (502) 422-0719
Facebook: <https://www.facebook.com/groups/129924587048584>

Waterford Homemakers - summer outings June, July, August.
Third Wednesday of the month
Contact Judy Broyles (502) 821-2108 for summer outing info.

Thread & Thimble (6/26/23)
Fourth Monday of the month - 10AM @ the Extension Office
Gayle Browning (502) 354-1151

Gardening Association (TBD)
Contact Vicky Clark about dates and times (859) 576-9104

Walk Kentucky program, individual or group.
6/1/23-8/1/23.

Super Star Chef: Underserved youth ages 9-18 will take place at
Spencer Extension Office 6/26-6/28 from 10am-2pm for 20 youth.

Richwood on the River will be June 13th.

Bingocize at Spencer County Extension office starting July 6,
2023 and ending on August 3, 2023 (off 7/4/23, 7/25, 7/27) Tues-
days & Thursdays at 10am. About 45 minutes.

Waterbath Canning will be taught by Beth Maxedon on July 7,
2023 at 10am. Limited to ten people.

Spencer County Fair starts 7/12/23, volunteers needed.

Health fair/ Readifest, back to school items, on 7/29/23 at High
School parking lot.

KEHA leadership Academy at Shelby County on 8/7/23, 10AM
Homemaker Council on 8/23/23

Community Baby Shower on 9/29/23, at 11am-12pm ,

Blueberry French Toast Bake

¼ cup whole wheat flour 3 eggs 1 cup fresh blueberries
¼ cup all-purpose flour 6 egg whites ½ cup chopped
1½ cups skim milk 1 loaf (12 ounces) French almonds
1 tablespoon sugar bread, cut into 1 inch cubes Honey, if desired
½ teaspoon vanilla 3 ounces fat free cream
¼ teaspoon salt cheese, cut into ½ inch cubes

Generously grease a 13x9x2-inch hours. Heat oven to 400 degrees F.
baking dish. Beat flours, milk, sugar, Uncover and bake 20-25 minutes
vanilla, salt, eggs and egg whites in a or until golden brown. Sprinkle with
large mixing bowl with a hand mixer honey, if desired.

Yield: 8, 1 cup servings

until they are coated. Pour bread
mixture into baking dish. Top evenly
with cream cheese, blueberries and
almonds. Cover and refrigerate for
at least 1 hour, but no longer than 24



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

CULTURAL ARTS KEHA STATE MEETING PARTICIPANTS. Great job to all of our participants from Spencer County!

Hart, Julie. ART, 3-Dimensional, 02b. Sculpture, Plaster Mask (Lady) **Blue ribbon**

Hart, Julie. ART, Natural, 03b. Other Poem, Natural Paper Handmade Painting **Blue ribbon**

Fischer, Diane. ART, Recycled, 04b. Household. Boy Scout Uniform Pillow w/ Patches **Blue ribbon**

Hagan, Brenda. BASKETRY, 05b. Dyed Material, Pie Carrier - hand finished wood bottom **Participant**

Montgomery, Denise. CROCHET, 09d. Thread, America/Home Sweet Home **Blue ribbon**

Browning, Gayle. QUILTS, 22i. Novelty (machine quilted), Dollhouse Quilt **Blue ribbon**

To see pictures of each item follow the link below!

[https://drive.google.com/drive/folders/1ZE0BqPh359ZbqVZsFoPSY658AsVyuY7B?](https://drive.google.com/drive/folders/1ZE0BqPh359ZbqVZsFoPSY658AsVyuY7B?usp=drive_link)



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RETURN SERVICE REQUESTED



Spring Vegetable Saute

Bursting with delicious spring flavors, this delicious saute is perfect with a side of roasted chicken, fish, or tofu.

Ingredients

1 teaspoon olive oil
1/2 cup sweet onion (sliced)
1 chopped garlic clove
3 small potatoes, quartered
3/4 cup sliced carrots
3/4 cup asparagus pieces
3/4 cup sugar snap peas or green beans
1/2 cup radishes, quartered
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon dill (dried)

Directions

1. Heat the oil in skillet. Cook onion 2 minutes, add garlic and cook 1 minute.
2. Stir potatoes and carrots in. Cover, turn heat to low and cook until almost tender, about four minutes.
3. Add asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until almost tender. About four minutes more.