

# Spencer County Family and Consumer Sciences Newsletter



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

Cooperative Extension Service  
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November 2022

Last month was my 1st year anniversary as a FCS Agent in Spencer County. I feel thankful and blessed to be a part of the Spencer County community. I wish you and your loved ones a wonderful Thanksgiving season!

Hope to see you soon.

Sincerely,

*Beth Maxedon*

Spencer County Extension Agent for  
Family and Consumer Sciences



### More Information

As always, if you need more information, feel free to **call me** at 477-2217. You can also **email me** at [elizabeth.maxedon@uky.edu](mailto:elizabeth.maxedon@uky.edu) or you can **visit my website** to view archived newsletters and news articles. The web address is:  
[www.spencerextension.com](http://www.spencerextension.com)

### Mark your calendar

11/18/22-11/18/22: KEHA  
Meeting in Bowling Green, KY.

**12/9/22 at 5:30pm: Homemaker's Holiday gathering (see enclosed flyer)**

**Homemaker dues for 2023. The price has increased but is still affordable at \$12.00 for the year. Please make your payments at our office by 11/1/22 or ASAP.**

### Spencer County Homemaker Clubs

#### **Bluegrass Basket Guild**

Second Thursday of each month - 4 pm  
Extension Office

Nichole Hutchins – 502-422-0719

Facebook group

<https://www.facebook.com/groups/129924587048584>

Nov 10, Dec 8, Jan 12, Feb 9, Mar 9, Apr 13, May 11

#### **Patch worker Quilt Guild**

First Tuesday of each month - 10 am  
Extension Office

Linda Prys - 502-423-0303

Nov 1, Dec 6, Jan ?, Feb 7, Mar 7, Apr 4,

#### **Gardening Association**

Contact Vicky Clark about Dates and Times  
Vicky Clark— 859-576-9104

#### **Loyal Homemakers**

Second Thursday of Jan, Feb, Mar, Apr, May, Sept,  
Oct, Nov, Dec - 10:30 am

Extension Office

Diane Fischer - 502-902-1717

Nov 10, Dec 8, Jan 12, Feb 9, Mar 9, Apr 13,

#### **Waterford Homemakers**

Third Wednesday of Jan, Feb, Mar, Apr, May, Sep, Oct,  
Nov, Dec - 10 am

Extension Office

Judy Broyles— 502-821-2108

Nov 16, Dec 21, Jan 18, Feb 15, Mar 15,

#### **Thread & Thimble**

Fourth Monday of each month - 10 am  
Extension Office

Gayle Browning - 502-354-1151

Nov 28, Dec ?, Jan 23, Feb 27, Mar 27

#### **Cook Wild Kentucky**

First Monday of Oct, Nov, Dec, Feb, Mar, Apr, May—  
5:30 pm

Extension Office

Beth Maxedon—502-477-2217

Nov 7, Dec 5, Feb 6, Mar 6, Apr 3, May 1



COOPERATIVE EXTENSION



University of  
Kentucky  
College of Agriculture,  
Food and Environment



GREAT HOLIDAY TIME!

# HOMEMAKERS HOLIDAY GATHERING

DECEMBER 9, 2022

5:30 PM

SPENCER COUNTY EXTENSION  
OFFICE  
LARGE MEETING ROOM

Gathering for all members of the Spencer  
County Homemakers and their families.  
We ask that everyone bring a side dish, a salad  
or a dessert.

The meat and drinks will be provided.  
Please dress in your Holiday/Festive wear  
RSVP to Nicole at [nhahn@uky.edu](mailto:nhahn@uky.edu) or call  
502-477-2217 no later than December 5 at  
4:30 pm.

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



## SMART TIPS

# Follow these tips to safely defrost and cook frozen poultry

There are three safe ways to defrost poultry:

- **In the refrigerator:** This is the safest method. The turkey will defrost at a steady, safe temperature. It will take 24 hours for each 5 pounds of turkey.
- **In cold water:** Cover the bird fully in its original wrapper in cold tap water. The water must be changed every 30 minutes.
- **In the microwave oven:** Follow steps in your microwave owner's handbook.

If your bird did not fully defrost in the refrigerator, there is still hope. Cold water and microwave thawing can be used to finish the process.

Be sure to cook to a temperature of 165 degrees F. Use a food thermometer to check the wing, breast, and thigh at the thickest part.

If you have questions, call the USDA Meat and Poultry Hotline. The phone number is 1-888-MPHotli(ne) or 1-888-674-6854. A food safety expert can help you. Call from 10 a.m. to 6 p.m. ET, Monday through Friday. Information is available in English and Spanish. You can even get help on Thanksgiving Day. The Hotline is open from 8 a.m. to 2 p.m. ET that day.

Source: Adapted from <https://www.myplate.gov/eat-healthy/protein-foods>

Please note that Ovarian Cancer screening had to be rescheduled due to the KEHA conference starting on 5/9/23. The new date screening date is 5/16/23 starting at 1:30pm. I have 1 additional slots that day for anyone who has been screening before. Then on 5/18/23 @ 2:30pm, I have 6 slots for new patients but will need their Name, DOB, phone number and address. Also, they have to be over 50 and still have their ovaries. Please email me with your personal information at [elizabeth.maxedon@uky.edu](mailto:elizabeth.maxedon@uky.edu) if you would like me to schedule you as a new patient for the 5/18/23 date by 11/30/22. If you have any questions, please contact Nicole or me.



## COOKING WITH KIDS

# Fruit and Yogurt Parfait

- 1/2 cup low-fat yogurt, fruit-flavored
- 1/2 medium banana, peeled and sliced
- 1/2 cup grapes
- 1/4 cup dry crunchy cereal or granola

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spoon the grapes into a tall plastic cup.

3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top and enjoy.
7. Refrigerate leftovers within 2 hours.

**Serving size: 1 parfait**  
**Makes 1 serving**

Nutrition facts per serving: 240 calories; 2g total fat; 1g saturated fat; 0g trans fat; 5mg cholesterol; 140mg sodium; 52g total carbohydrate; 2g dietary fiber; 37g sugars; 8g added sugars; 8g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source: Pennsylvania Nutrition Education Network  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-yogurt-parfait>



## RECIPE

# Eve's Tasty Turkey Tetrazzini

If your family loves the savory flavors of a turkey dinner but is tired of turkey after a few rounds of leftovers, then try this easy, one-dish meal. This version of classic turkey tetrazzini has half the sodium and more vegetables than the original version without sacrificing flavor or texture.

- 8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles
- 4 tablespoons unsalted butter
- 2 cups fresh or canned mushrooms, sliced
- 1 teaspoon dried thyme
- 1/2 cup all-purpose flour
- 2 cups reduced-sodium chicken broth
- 1 1/2 cups skim milk
- 4 cups chopped cooked turkey
- 1 cup frozen or canned peas
- 2 tablespoons grated Parmesan cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 400 degrees F. Lightly grease a 9-by-9 baking dish.
3. Cook pasta in a large pot of boiling water until tender. (Check cooking

time for pasta; remove pasta approximately 2 minutes early.)

4. While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
5. Stir in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.)
6. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
7. Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.

8. Bake until the sauce is bubbling and the cheese is golden brown, about 25 to 35 minutes. Let cool 15 minutes before serving.
9. Refrigerate leftovers within 2 hours.

**Serving size: 1/8 of recipe**  
**Makes 8 servings**

Nutrition facts per serving: 290 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 65mg cholesterol; 140mg sodium; 27g total carbohydrate; 4g dietary fiber; 4g sugars; 0g added sugars; 26g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 30% Daily Value of iron; 8% Daily Value of potassium

Source:  
Center for Nutrition Policy and Promotion  
<https://www.myplate.gov/recipes/myplate-cnpp/eves-tasty-turkey-tetrazzini>