



**Fresh
Produce
Bundle
\$15**

January 2024

Simply Produce

Produce Spotlight: CARROTS

Carrots are vegetables that grow in the ground. They can be many different colors including orange, purple, yellow and white. Carrots can be bought in the store or at a farmers market with the greens still attached.

SELECTION AND STORAGE TIPS:

Choose carrots that are firm and deep in color. Avoid carrots that are soft or split. Visible dirt should be scrubbed and rinsed off of carrots before using them.

If the green tops are still attached, cut them off. Store carrots without the green tops in a plastic bag in the refrigerator for up to two weeks.

HOW COULD I USE THIS?

- Add carrots to casseroles or hot dishes
- Make a smoothie with cooked carrots, pineapple and yogurt
- Dip raw carrot sticks in hummus or your favorite dip
- Add to a stir-fry
- Use shredded carrots to make a carrot cake or muffins
- Roast carrots with a glaze or seasonings and serve as a side dish
- Add chopped carrots to soups or stews
- Make pickled carrots
- Shred carrots and add to coleslaw
- Add to pasta salad or salad greens



Source: food.unl.edu



**Simply Produce
Ellsworth
County
increases access
to fruits and
vegetables while
encouraging
shopping local.
Call Gene's
Heartland
Foods in
Ellsworth to
order your
basket
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Power out? Here's how to keep food safe

Keeping food safe during a power outage begins well before winter storms hit.

Before the power goes out, keep an appliance thermometer in the refrigerator and freezer. According to guidelines from the U.S. Food and Drug Administration, the temperature inside the refrigerator should be 40 degrees Fahrenheit or lower, and the freezer at 0 F or below. Having a thermometer in place before the power goes out helps to assure the appliance temperature does not stray outside the recommended range.

It may also be a good idea to stock up on canned and non-perishable goods. Dried foods, such as fruit and crackers, are great for snacks. Keep foods that family members enjoy, but also healthful foods to provide nutrient-dense nourishment.

Pantry foods should be kept in a cool, dry, dark location.

When power is first lost, leave the door of the refrigerator and freezer closed to preserve cold temperatures as long as possible. If the power stays out for a longer period of time and the refrigerator is not staying cold, try using a cooler filled with ice. Make sure ice surrounds the food for the best chilling effect.

For food in the freezer, dry ice can be used if available – but thick gloves should always be worn when handling dry ice to prevent skin damage. Dry ice should then be kept in a ventilated area.

Food spoilage may be unavoidable if the power outage is lengthy.

These key factors may be an indication of foodborne illness:

- Color changes.
- Unusual odors.
- Texture changes.

The most susceptible foods are meat, dairy, eggs, and cut fruits and vegetables. Extra care should be taken when examining these food items.

Don't taste any questionable food that has thawed out. When in doubt, throw it out!

If a power outage lasts more than four hours at temperatures greater than 40 F, refrigerated or frozen food kept without another cold source should be thrown out.

For more information on food safety during the power outages, contact Midway District FCS Agent Jessica Kootz or visit the U.S. Centers for Disease Control and Prevention webpage. 🍓

Source: K-State Research and Extension

Living Well Wednesday - Women's Health and Functional Medicine

K-State Research and Extension's Living Well Wednesday series continues February 14. Family and Consumer Sciences agents and Regional Specialists facilitate these educational webinars.

During the webinar "Women's Health and Function Medicine" we'll look at common root causes of illness in women including the impact that trauma and ACE's have on well-being. Join us for this informative webinar on February 14 at 12:10 pm. presented by Joleen Zivnuska, Women's Health Nurse Practitioner in Wichita, KS

Register today to attend live or to receive a link to the recording and information.

<https://bit.ly/47WAPoN> 🍓



Mental Health Minute

Day-to-day rituals and routines have been found to help support one’s mental health. These routines can be as simple as eating a meal at the same time every day or getting ready for bed the same way at night.

When things feel out of control, following your routine can help you feel in control. Other benefits of following routines include better concentration, increased decision making, reduced cognitive load, and more energy.

It’s just as important to recognize when a routine is harming your mental health. If your routine is causing you unhappiness or to worry, try to replace it with a routine that would be a better fit. 🍓

WEEKLY STRESS & RESILIENCY TIP: TAKE A LOOK AT YOUR ROUTINES

While having a routine can lessen the mental load of your day, not all routines are healthy for your mental well-being. If your routine is causing you worry or unhappiness, try to replace it with a routine that would be a better fit.



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Stress and
Resiliency Team

Source: <https://www.beyondblue.org.au/mental-health/routines>

Source: KSRE; www.beyondblue.org

The 988 Suicide and Crisis Lifeline is available for 24/7 support by calling or texting 988.

Simply Produce



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Midway District

Ordering/Distribution Dates

Watch local media or check with the store for additional dates!

Place Orders: 1/12 (8am) - 1/17/24(Noon)

Pick up Basket: 1/19/24 (Noon - 12:45pm)

Place Orders: 2/9 (8am) - 2/14/24 (Noon)

Pick up Basket: 2/16/24 (Noon - 12:45pm)

Place Orders: 3/8 (8am) - 3/13/24(Noon)

Pick up Basket: 3/15/24 (Noon - 12:45pm)

Place Orders: 4/12 (8am) - 4/17/24 (Noon)

Pick up Basket: 4/19/24 (Noon - 12:45pm)

For more information, contact

Jessica Kootz at Midway Extension District, 785.472.4442 or by email at jessicak@ksu.edu

Produce basket distribution utilizing local retail venues is designed to increase access to healthy fruits and vegetables for consumers, while stimulating positive economic impact and building regional food system sustainability.



Sausage and Vegetable Skillet

Serves: 4 | Serving Size: 1 Cup

Ingredients:

- 1 cup instant brown rice, uncooked
- 1/2 pound ground turkey sausage
- 1 cup onion, chopped (1 medium)
- 1 cup celery, chopped (3 ribs)
- 1 cup soft vegetables, chopped (mushrooms, peppers, tomatoes, or zucchini)
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 cup shredded cheese (mozzarella, Parmesan, or Swiss)

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Cook rice according to package directions.
3. Meanwhile, heat a large skillet to medium heat. Spray the skillet with nonstick spray. Cook sausage until browned and crumbled (about 5 minutes). Remove sausage from skillet and place on a plate lined with paper towels. Wipe the drippings out of the skillet with a paper towel.
4. Spray the skillet with nonstick spray. Add the onion, celery, soft vegetables, Italian seasoning, and garlic powder. Cook until vegetables are tender (about 6 minutes).
5. Stir in the cooked rice, sausage, and shredded cheese.
6. Refrigerate any leftovers within 2 hours of serving.
7. Consume or throw out food within 4 days of preparation.



Nutrition Facts

4 servings per recipe
Serving Size: 1 cup

Amount Per Serving

Calories **240**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 540mg	23%
Total Carbohydrates 25g	9%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 121mg	10%
Iron 1mg	6%
Potassium 396mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

Source: Spend Smart. Eat Smart.

Simply Produce

Simply Produce Ellsworth County brought to you by:

Ellsworth County Medical Center

785.472.3111



Gene's Heartland Foods, Ellsworth

785.472.4111



Grow Ellsworth County

785.472.9204



Midway Extension District

785.472.4442



Thank you for shopping local!