

**Fresh  
Produce  
Bundle  
\$15**

**January 2025**

# 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](http://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  
785.472.4111.**



## 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 - 52 Ways to Climate Proof Your Finances

K-State Research and Extension's Living Well Wednesday series continues February 12. Family and Consumer Sciences agents and Regional Specialists facilitate these educational webinars.

This webinar will provide 52 financial strategies to help individuals and families build resilience against climate-related financial risks. The strategies are grouped into categories such as personal finance, insurance, clothing, food, housing, tax credits, transportation, preparedness, and career development. Webinars will be offered the second Wednesday of each month, from 12:10-1 pm. There is no charge to participate, however, registration is required.

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

<https://tinyurl.com/4hed9rfz> 🍓



## Mental Health Minute

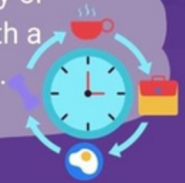
Day-to-day rituals and routines have been found to help support one’s mental health. These routines can be as simple as eating a meal at the same time every day or getting ready for bed the same way at night.

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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Research and Extension

Stress and  
Resiliency Team

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

Source: KSRE; [www.beyondblue.org](http://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: 02/14/25 (8am)-02/19/25(Noo*

*Pick up Basket: 02/21/25 (Noon - 12:45pm)*

*Place Orders: 03/14/25 (8am)-03/19/25(Noo*

*Pick up Basket: 03/21/25 (Noon - 12:45pm)*

*Place Orders: 04/11/25 (8am)-04/16/25(Noo*

*Pick up Basket: 04/18/25 (Noon - 12:45pm)*

*Place Orders: 05/09/25 (8am)-05/14/25(Noo*

*Pick up Basket: 05/16/25 (Noon - 12:45pm)*

**For more information, contact**

Jessica Kootz at Midway Extension District, 785.472.4442 or by email at [jessicak@ksu.edu](mailto: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.*



## Fruit Pizza

Serves: 8

### Ingredients:

- 1 large egg white
- 1/4 cup oil (canola or vegetable)
- 1/4 cup brown sugar (firmly packed)
- 1/3 cup all purpose flour
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon baking soda
- 1 cup quick cooking oatmeal, uncooked
- Nonstick cooking spray
- 3 ounces fat free cream cheese, softened
- 6 ounces nonfat vanilla yogurt
- Fruit for topping the pizza

Nutrition Facts	
8 Servings Per Recipe	
Serving Size: 1 wedge	
Amount Per Serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrates 25g	9%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 7g Added Sugars	14%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 1mg	6%
Potassium 182mg	4%

\* 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.

### Directions:

1. Wash hands for 20 seconds with soap and water.
2. Preheat the oven to 375°F.
3. Use a medium mixing bowl to beat egg until foamy. Add oil and sugar. Beat until smooth.
4. Stir flour, cinnamon and baking soda in a small bowl. Add to sugar mixture. Stir in oatmeal.
5. Line a baking sheet with aluminum foil and spray with cooking spray. Spread the dough in a 9-inch circle.
6. Bake about 12 minutes. Crust will begin to puff but does not look done. Remove from oven and let cool about 20 minutes. The crust continues to cook while cooling.
7. Stir the cream cheese and yogurt in a small bowl until smooth. Cover with plastic wrap and refrigerate until ready to use.
8. Transfer the crust to a serving plate. Spread cream cheese mixture over crust. Arrange fruit on top. Cut into wedges.
9. Refrigerate any leftovers within 2 hours. Consume within 4 days.

Source: 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!*