

**Fresh
Produce
Bundle
\$15**

February 2025

Simply Produce

Produce Spotlight: TOMATOES

Tomatoes are typically thought to be a summer staple and have many different varieties and colors. They are a great addition to many dishes. Providing a bright flavor and packed with vitamins, the tomato can be eaten raw, cooked, and made into sauces.

WHY SHOULD I EAT THIS?

Tomatoes are a great source of lycopene, which is an antioxidant that may help lower the risk of some forms of cancer, promotes heart health, and helps keep the immune system healthy. Tomatoes are also high in vitamin C which helps heal cuts and wounds and supports our immune system and vitamin A for eye health.

SELECTION AND STORAGE TIPS:

Choose tomatoes that are smooth and free from blemishes. A ripe tomato will be firm and gives slightly to gentle pressure. Keep tomatoes at room temperature away from direct sunlight and use within 1 week after ripening. Refrigerate overripe or cut tomatoes. Place unripened tomatoes in a closed paper bag to ripen faster.

HOW COULD I USE THIS?

- Blend into a sauce or vinaigrette
- Add to salads, sandwiches, wraps, tacos and burgers
- Add to scrambled eggs or an omelette
- Add to a soup or stew
- Make a fresh salsa
- Stuff tomatoes with tuna or chicken salad
- Make bruschetta
- Make a gazpacho, which is a cold tomato soup
- Bake tomatoes and top with Parmesan cheese
- Add to a skewer 🍓

Source: food.unl.edu



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Ellsworth
County
increases access
to fruits and
vegetables while
encouraging
shopping local.
Call Gene's
Heartland
Foods in
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Walk Kansas Turns 25 in '25

Walk Kansas is a team-based challenge that encourages people to walk, jog, run, roll, bike, swim, or do whatever they enjoy doing to live more healthfully. The program routinely draws more than 5,000 participants.

Online registration for the 2025 Walk Kansas program opens early March. Each team must assign a captain, in addition to a team name. The cost per team member is \$10, which must be paid at the time the captain registers the team.

Each team of friends, family members, or others is made of six members who set a goal to engage in moderate exercise for a minimum 150 minutes per week, for eight weeks. Each team members' exercise minutes translate to miles and the team's total over eight weeks is roughly equivalent to 423 miles, or the distance across Kansas – east to west.

If you don't have a team, or just prefer to take on the challenge yourself, there is a solo participant option. You do not need to live in Kansas to be on a team or to participate in the solo challenge.

It's up to each team and team member as to how they want to structure their exercise, and we'll explore a lot of the benefits, how-to's and more in our weekly newsletter and webinars.

If you are interested in more information about Walk Kansas or would like to register yourself and/or a team, contact Midway District Family and Consumer Sciences Agent Jessica Kootz at 785.472.4442 or jessicak@ksu.edu. 🍓

Source: K-State Research and Extension

WALK KANSAS
March 30-May 24, 2025

CELEBRATING **25** YEARS

Teams of (up to) 6 log minutes of physical activity for 8 weeks.

The U.S. Department of Health and Human Services recommends 150 minutes of physical activity each week.

All activities count, including strength training, which prevents muscle loss, increases strength, and increases bone density.

In addition to physical activity, participants report the amount of fruits and vegetables they eat.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Living Well Wednesday - Financial Topics on March 12 and April 9

K-State Research and Extension's Living Well Wednesday series continues March 12 and April 9. Family and Consumer Sciences agents and Regional Specialists facilitate these educational webinars.

The March webinar is titled “Pinchin’ Pennies in the Kitchen”. Food prices have risen 25% since 2020, making grocery shopping more expensive. This webinar will offer practical tips to save money, such as stocking your pantry, using unit pricing, and preparing homemade meals like casseroles, soups, and stir fry. It emphasizes simple, cost-effective strategies that can help reduce food expenses.

Tune in for “Money Habitudes” on April 9. A Habitude combines habits and attitudes, reflecting ingrained thoughts, feelings, and behaviors that influence decisions and actions – regarding money, in this case. Six Money Habitudes will be explored, which can help individuals, couples, or families build self-awareness and understanding about their financial perspectives.

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

<https://tinyurl.com/4hed9rfz> 🍓



Mental Health Minute

Our “stress-response” is a normal reaction to threatening or challenging situations. A healthy way to respond to stress is to invoke the “relaxation response”. This technique was developed in the 1970s by Dr. Herbert Benson at the Harvard Medical School. The relaxation response is a helpful way to turn off your fight-or-flight reaction and return your body to pre-stress levels.

Dr. Benson thought that one of the most valuable things we can do is learn deep relaxation and reduce stress through such techniques as breath focus, body scan, guided imagery, mindfulness meditation, yoga, tai chi, qigong, and repetitive prayer. 🍓

**WEEKLY STRESS & RESILIENCY TIP:
SCHEDULE RELAXATION**

It can be difficult to find relaxation time if you do not schedule it in advance. No matter if it is a few minutes a day or one day a month, be sure to make time on your calendar to rest and relax!



K-STATE | Stress and Resiliency Team
Research and Extension

Source: <https://www.self.com/story/best-mental-health-tips>

Source: KSRE; health.harvard.edu; psychologytoday.com

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

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Research and Extension

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

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.



Scones

Serves: 1

Ingredients:

- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup add-in ingredient (dried cranberries, raisins, fresh blueberries or raspberries, diced apples, chocolate chips)
- 4 tablespoons butter, softened
- 1/3 cup plus 1/2 tablespoon sugar
- 1/2 cup plain yogurt or sour cream
- 1 egg
- 1/4 cup applesauce

Nutrition Facts

12 servings per recipe
Serving Size: 1 scone

Amount Per Serving

Calories 160

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 150mg	7%
Total Carbohydrates 23g	8%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 1mg	6%
Potassium 76mg	2%

* 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. Gently rub any fresh produce under cold running water.
3. Preheat the oven to 400°F.
4. In a medium bowl, mix flours, baking powder, baking soda, and salt. Stir in add-in ingredients.
5. In a separate bowl, mix butter and 1/3 cup sugar together. Add yogurt, egg, and applesauce. Whisk until smooth.
6. Stir wet ingredients into dry ingredients. Press dough against the bowl into a ball.
7. Place dough on a lightly floured surface. Sprinkle flour lightly on the top of the dough. Press dough into a rectangle about 10 inches by 6 inches. Sprinkle with remaining 1/2 Tablespoon of sugar. Cut into 12 triangles with a table knife.
8. Place on a cookie sheet and bake until golden (10-12 minutes).
9. 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!