



**Fresh
Produce
Bundle
\$15**

December 2024

Simply Produce

Produce Spotlight: APPLES

Apples are fruit that grow on trees. There are several varieties of apples including Honeycrisp, Granny Smith, Gala, Fuji, Pink Lady, and more.

SELECTION AND STORAGE TIPS:


Choose firm, shiny, and smooth-skinned apples. Avoid apples with shriveled skins, bruises, worm holes. Scarring on the skin of the apple is fine.

Store at room temperature such as in a pantry or in a cupboard (50 to 70°F) for 3 weeks. In the refrigerator at 40°F or below for 4-6 weeks.

WHY SHOULD I EAT THIS?

Apples are a good source of potassium, which helps with muscle movements and keeps your heart healthy. They also contain Vitamin C, which helps heal cuts and wounds. Apple skins are a good source of fiber which helps with digestion.

HOW COULD I USE THIS?

- Make applesauce
- Dip sliced apples in peanut butter or another nut butter as a snack
- Add to a Thanksgiving stuffing
- Add to fruit salsa
- Make an apple chutney to top a pork chop or chicken
- Add to a smoothie
- Add apples to a fruit salad
- Add chopped apples to a salad with greens
- Make a pie
- Make an apple crisp
- Make cinnamon apple muffins 

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
Ellsworth to
order your
basket
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Carving Up Ham Facts

From a simple sandwich, to the star of a holiday dinner table, ham is a popular choice for many meals. The choices for ham include fresh, cook-before-eating, cooked, picnic, and country types. So, each type of ham has its own storage and cooking times.

Ham comes from the leg of the pork animal. Fresh ham is uncured and will be labeled “fresh” in the product name. They must be cooked before eating and will have a pale pink or beige color, like a pork roast. Cured ham or cured-and-smoked ham will have a deep rose or pink color. Country ham and prosciutto will have a pink to mahogany color. These can be eaten cold or heated.

The estimated amount per serving to buy is:

- 1/4—1/3 pound per serving of boneless ham
- 1/3-1/2 pound per serving of bone-in ham

Reheat cooked ham in the oven at 325°F to an internal temperature of 140°F as measured by a thermometer. A bone-in spiral ham will take about 10-18 minutes per pound.

For more information on ham, see this USDA publication entitled “Ham and Food Safety”. 🍓

Source: KSRE



It's Cookie Time!

The holidays bring the joy of time with family and friends! One tradition is making cookies to share. It is important to handle cookie dough safely to not spoil holiday fun.

You may not realize it, but most flour is a raw food. And it hasn't been treated to kill any bacteria (germs) it may contain. Cooking and baking is what kills any bacteria in flour, as well as in raw eggs that are often used with it.

To stay safe, don't eat or taste raw (uncooked) flour, dough, or batter. Also, don't let children use raw dough for crafts or “play clay.” Even if children don't eat the dough, they may put their hands in their mouth after handling it.

Many cookies are shaped with your hands. Resist the temptation to lick your fingers or sample the cookie dough! Risks from eating raw eggs and now uncooked flour, can increase your risk of getting a foodborne illness. Regardless of the brand or source of flour or eggs, the risk of foodborne illness is present when consumed raw.



Be sure hard surfaces to roll out cookie dough are clean and sanitized before and after dough has been in contact with the surface.

As always, wash your hands before and after handling cookie dough or any raw foods. Follow recipe instructions for baking cookies at proper temperatures and specified times. 🍓

Source: KSRE



A Safe Glass of Eggnog Starts the New Year Right!

Eggnog is a holiday party classic that dates back to the 13th century. This creamy, thick, spiced egg drink is a favorite for many worldwide.

Because eggnog uses eggs, there are ways to make it safely to prevent giving the gift of foodborne illness. And don't let the added alcohol fool you! The alcohol will not kill bacteria.



Instead of using raw eggs, use pasteurized eggs. They have been commercially pasteurized with a low temperature heat treatment that destroys Salmonella without changing the physical and nutritional properties of the eggs. They are slightly higher in cost to standard eggs, but are worth the price to prevent foodborne illness. Egg substitutes are also an option.

Another, and even safer, method is to make a cooked egg base.

1. Combine eggs and half the milk. Sugar may be added also.
2. Cook the mixture to 160°F, stirring constantly. Use a double boiler to prevent scorching.
3. After cooking, pour into a bowl and place in the refrigerator to chill.
4. Add remaining ingredients and enjoy!

If buying prepared eggnog, read the label to be sure it is pasteurized. 🍓

Source: KSRE

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

Simply Produce **K-STATE** Research and Extension

Midway District

Ordering/Distribution Dates

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

Place Orders: 12/13/24 (8am)-12/18/24(Noo

Pick up Basket: 12/20/24 (Noon - 12:45pm)

Place Orders: 01/10/25 (8am)-01/15/25(Noo

Pick up Basket: 01/17/25 (Noon - 12:45pm)

Place Orders: 02/19/25 (8am)-02/14/24(Noo

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

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

Pick up Basket: 03/21/25 (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.



Pulled Turkey Tostadas with Cucumber Guacamole

Serves: 6

Ingredients:

- 6 6-inch corn tortillas
- Cooking spray
- 3 cups shredded turkey breast, cooked without salt, all visible fat discarded
- 1/4 cup plus 2 tablespoons fat-free sour cream (optional)
- 2 cups chopped tomatoes
- Chopped lettuce
- 1 large lime, cut into 6 wedges (optional)

For the Guacamole:

- 1/2 medium avocado, chopped and mashed
- 1/3 cup finely chopped peeled cucumber
- 1 tablespoon chopped onion
- 1 tablespoon snipped fresh cilantro
- 1/2 teaspoon chopped serrano pepper, seeds and ribs discarded if desired

Nutrition Facts	
Calories	237
Total Fat	5.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Cholesterol	60 mg
Sodium	176 mg
Total Carbohydrate	14 g
Dietary Fiber	3 g
Sugars	4 g
Added Sugars	0 g
Protein	31 g

Dietary Exchanges
1/2 starch, 1 vegetable, 4 lean meat

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Heat oven to 425°F.
3. Gently rub produce under cold running water. Scrub firm produce with a clean vegetable brush under running water.
4. Arrange the tortillas in a single layer on a baking sheet. Lightly spray both sides of the tortillas with cooking spray. Bake the tortillas for 7 to 10 minutes, or until crisp and lightly browned on the edges. Transfer to a large plate to keep from overcooking. Set aside.
5. In a medium bowl, stir together the avocado, cucumber, onion, cilantro, and serrano pepper.
6. Arrange the turkey on the tortillas. Top with the lettuce, tomato, and the guacamole. Spoon a dollop of sour cream on each tostada and serve with the lime wedges to squeeze over all.
7. Refrigerate any leftovers within 2 hours. Consume within 4 days.

Source: American Heart Association

Simply Produce 

Simply Produce Ellsworth County brought to you by:

Ellsworth County Medical Center

785.472.3111



Gene's Heartland Foods, Ellsworth

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Grow Ellsworth County

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Midway Extension District

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Thank you for shopping local!