

August 2024

Simply Produce

**Fresh
Produce
Bundle
\$15**

Produce Spotlight: BELL PEPPERS

Bell peppers can be found in a rainbow of colors and can vary in flavor according to their color. This is because as the pepper ages, the flavor becomes sweeter and more mild.

HOW DO I MAKE A GOOD SELECTION?

Choose bell peppers that are firm, bright in color and have tight skin.

WHAT IS THE PROPER STORAGE?

Store unwashed bell pepper in a plastic bag in the refrigerator for up to one week.

WHY SHOULD I EAT THIS?

Bell peppers are high in Vitamin C, which helps heal cuts and wounds, and are a good source of Vitamin A, which promotes eye health.

HOW COULD I USE THIS?

- Add to sandwiches or wraps
- Try adding bell peppers to a salad
- Add to salsa
- Add peppers to a stir-fry
- Dice and add to a quesadilla or taco
- Add to a pasta sauce
- Add to a stew, soup or chili
- Make fajitas by cooking peppers and onion together
- Grill peppers or grill them on a kabob
- Slice raw peppers and eat with a dip or hummus

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
785.472.4111.**



Simply Produce Ellsworth County is Celebrating Four Years!

We are excited to celebrate the fourth year of Simply Produce Ellsworth County this September! We'll pick one person from the list of those who order in September to win a free Ninja Professional Plus Blender Duo donated by Ellsworth County Medical Center. Stay tuned to our Midway Extension District Facebook page for future order dates!

Have you joined our Facebook Group? For an extra entry, post photos in our Facebook Group (Simply Produce Ellsworth County) how you used the produce in this month's basket. We'd love to hear what your favorite item has been and/or your favorite recipe AND what you love about this program!

Can't wait to celebrate with you in September! 🍓

How to Keep Food Safe for Tailgating

Tailgating has become a fun tradition for those that attend sporting and other outdoor events. Food is often prepared at the back of a vehicle and eaten and enjoyed outside in a parking lot. Food safety is always a must and even more so when prepared outside the kitchen.

In order to keep your food safe while tailgating, follow these tips.

- Pick a cooler large enough to pack your food comfortably. Keep your cooler clean, and make sure you keep enough ice packs or ice to keep your food cold.
- Safely handle meats and avoid cross contamination.
- Cook meats thoroughly. Cooked foods should remain unrefrigerated or cooled no more than 2 hours.
- Keep hot food hot and cold food cold. Properly wrap, pack, or throw out leftovers. 🍓

Source: ift.org

WE'RE HIRING!

Learn more at:
www.ksre.k-state.edu/about/careers

K-STATE
Research and Extension

Kansas State University is an equal opportunity employer.
A criminal background check is required.

SNAP-Ed Nutrition Educator

Supporting Kansans in leading healthy lives & improving food security.

🕒 Full-time 📍 Great Bend, KS 💰 \$16.50-20.50/hour

🔍 K-State Careers #517775





Mental Health Minute: Negative Self-Talk

What is "negative self-talk"?

Negative self-talk is when you are very negative and critical of yourself. Negative self-talk can diminish your self-confidence and limit your ability to reach your full potential.

How to STOP negative self-talk:

- Recognize what you are saying to yourself. A helpful tip is to ask yourself if you would treat someone else this way. The answer is likely no.
- Try to end the negative self-talk as soon as you start becoming critical of yourself. You can do this by visualizing yourself crushing the thought, etc.
- Try to challenge your thoughts when negative ones arise. Ask yourself if your thoughts about yourself are actually true (usually they are not). 🍓

Source: KSRE

Save the Date: September 21

Glow 4 Life Remembrance Event and Fun Run/Walk

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: 7/12 (8am) - 7/17/24 (Noon)

Pick up Basket: 7/19/24 (Noon - 12:45pm)

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

Pick up Basket: 8/16/24 (Noon - 12:45pm)

Place Orders: 9/13 (8am) - 9/18/24 (Noon)

Pick up Basket: 9/20/24 (Noon - 12:45pm)

Place Orders: 10/11 (8am)-10/16/24 (Noon)

Pick up Basket: 10/18/24 (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.



After School Hummus

Serves: 8 | Serving Size: 2 Tablespoons

Ingredients:

- 1 can (15 ounces) reduced sodium garbanzo beans (chickpeas)
- 2 medium garlic cloves, minced, or 1/4 teaspoon garlic powder
- 1 1/2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 tablespoon oil (vegetable or olive)
- 1/8 teaspoon ground black pepper
- 1/2 cup plain nonfat yogurt

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Use a blender or food processor. Combine garbanzo beans, garlic, lemon juice, cumin, oil, and pepper. Blend on low speed until the beans are mashed.
3. Stir in yogurt with spoon.
4. Refrigerate for several hours or overnight so the flavors blend.
5. Serve with pita chips, crackers, or fresh vegetables.
6. Refrigerate any leftovers within 2 hours of serving.
7. Store the hummus in an airtight container in the refrigerator. Use within 2-3 days.

Tips:

- Mash the beans with a fork, chop garlic finely, and then stir ingredients thoroughly before adding to the blender.
- Add 1/3 cup chopped red pepper.
- Hummus packs a lot of protein and fiber. Let your kids dip raw veggies, crackers, or pita chips into this healthy snack.



Nutrition Facts

8 Servings Per Recipe
Serving Size: 2 tablespoons

Amount Per Serving

Calories **70**

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 3g | 4% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 85mg | 4% |
| Total Carbohydrates 9g | 3% |
| Dietary Fiber 2g | 7% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 54mg | 4% |
| Iron 1mg | 6% |
| Potassium 129mg | 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.

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!