

August 2023

Simply Produce

**Fresh
Produce
Bundle
\$15**

Produce Spotlight: MELONS

Melons come in many different varieties. The most common varieties of melons are watermelon, honeydew, and cantaloupe.

HOW DO I MAKE A GOOD SELECTION?

Choose melons that are symmetrical in shape and heavy for their size. They should be free from cracks, bruises, and soft spots. Smell may not be a good indicator that the melon is ripe and sweet.

WHAT IS THE PROPER STORAGE?

Store uncut melons on the counter for up to 10 days or in the refrigerator for up to three weeks. Cut melons should be covered in an air-tight container and refrigerated for up to five days.

WHY SHOULD I EAT THIS?

Honeydew, cantaloupe, and watermelon are good sources of vitamin C, which helps heal wounds and cuts. Cantaloupe and watermelon are good sources of vitamin A, which promotes eye health and cell growth. Cantaloupe also has potassium which helps regulate muscle contractions, and folate which helps prevent birth defects.

HOW COULD I USE THIS?

- Add melons to a salad
- Melons can be added to a fruit soup
- Chop melon and add to a fresh salsa, serve with cooked chicken or chips
- Make watermelon lemonade
- Puree and add 100% fruit juice to make homemade ice pops
- Make a honeydew slushy
- Enjoy melons raw
- Make a drink with cantaloupe and orange juice
- Serve cubed or sliced with a fruit dip

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 Three Years!

We are excited to celebrate the third year of Simply Produce Ellsworth County this September! For every basket you buy in July, August, and September, you will be entered to win some great prizes. Stay tuned to our Midway Extension District Facebook page for more info!

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! 🍓

Mental Health Minute: Catastrophizing

What is "catastrophizing"?

Catastrophizing is when you exaggerate the situation or issue you are having, making it seem worse than it actually is. 🍓

HOW TO STOP CATASTROPHIZING

- ✓ When you have "catastrophizing" thoughts, try journaling them. It can help to have a record of when these thoughts occur so you can identify a pattern.
- ✓ Try to focus on the solutions to the situations and issues that you are catastrophizing about.
- ✓ If you have trouble controlling catastrophizing thoughts, you might want to consider getting professional help! Cognitive-behavioral therapy is one form of therapy that can help reduce these types of thoughts.

K-STATE | Stress and Resiliency Team
Research and Extension

Sources: <https://www.healthline.com/health/anxiety/catastrophizing>
<https://psychcentral.com/lib/what-is-catastrophizing/#how-to-stop>

Source: KSRE

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



Breakfast: Shoot for Three

Does anyone else ever feel too rushed in the morning to eat breakfast? I've taught elementary school kids that breakfast is important for their success at school. It helps keeps them stay sharp and alert. Eating breakfast within the first two hours of getting up for the day, helps a person to break-the-fast from the night before.

Ideally, a breakfast meal includes foods from at least three food groups (a protein or dairy, a fruit or vegetable and grain, most often being a whole grain) from MyPlate and is low in added sugars, salt and saturated fat. Here are a few tips:

- Make small changes to your usual breakfast options to find a healthy eating style that works for you.
- If you and your family are always on the run like me, have granola bars, cheese sticks, yogurt, and fruit in an easy to grab place for family members to take with them on their way out the door.
- Everything you eat and drink matters. Choose foods and drinks that can help your family be healthier now and as they grow.
- Choose whole-grains. For example, choose ready-to-eat breakfast cereals fortified with folic acid. If your family enjoys sweetened cereals, try mixing them half and half with whole grain cereal. Add fruit, such as peaches, blueberries or strawberries for extra nutrients. Top with low-fat/fat-free milk. 🍓

Source: food.unl.edu

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Ordering/Distribution Dates

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

Place Orders: 9/8/23 (8am) - 9/13 (Noon)

Pick up Basket: 9/15/23 (Noon - 12:45pm)

Place Orders: 10/13 (8am) - 10/18 (Noon)

Pick up Basket: 10/20/23 (Noon - 12:45pm)

Place Orders: 11/10 (8am) - 11/15 (Noon)

Pick up Basket: 11/17/23 (Noon - 12:45pm)

Place Orders: 12/8 (8am) - 12/13 (Noon)

Pick up Basket: 12/15/23 (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.



Apple Cucumber Slaw

Serves: 2

Serving Size: 1 Cup

Ingredients:

- 1 apple, cut into matchsticks (use a sweet apple such as Red Delicious, or a tart apple such as Granny Smith)
- ½ English cucumber, chopped
- ¼ sweet onion, chopped
- 2 celery stalks, chopped fine
- ¼ cup white wine vinegar or rice wine vinegar
- Salt and pepper to taste



Directions:

1. Wash hands for 20 seconds with soap and water.
2. Combine all ingredients in a large bowl.
3. Serve immediately, or chill in refrigerator until serving.

Nutrition Information per Serving:

(Based on ¼ teaspoon salt and ¼ teaspoon pepper)

- | | | |
|-----------------------|---------------------------|--------------------|
| • Serving Size: 1 cup | • Calories: 58 calories | • Protein: 0 grams |
| • Vegetables: ½ cup | • Carbohydrates: 12 grams | • Fat: 0 grams |
| • Fruits: ½ cup | • Fiber: 2 grams | • Sodium: 308 mg |

Source: medinsteadofmeds.com.

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!