

September 2023

Simply Produce

Fresh
Produce
Bundle
\$15

Produce Spotlight: SWEET POTATOES

Sweet potatoes can add color, sweetness, and nutrients to meals, side dishes, and snacks. There are a variety of ways to enjoy sweet potatoes, from baking or boiling to mashing and roasting. They are a great ingredient to use in fall and winter dishes. You can eat them as fries, grill them, use them as a salad topper, a sweet side dish, cube them for soups and stews, or enjoy them as chips. November is Sweet Potato Awareness Month. Check out the following tips and information on buying, storing, and adding sweet potatoes to a healthful eating plan.

HOW DO I MAKE A GOOD SELECTION?

Choose firm, small- to medium-sized potatoes with smooth skin. Avoid cracks, soft spots and blemishes. Choose sweet potatoes with a bright, uniform color.

WHAT IS THE PROPER STORAGE?

Store them in a cool, dark, dry place for use within two to three weeks or at room temperature for up to a week. Avoid storing in the refrigerator, which will result in a hard center and unpleasant taste.

WHY SHOULD I EAT THIS?

Sweet potatoes are fat-free, low in sodium, cholesterol free, a good source of dietary fiber and potassium, and high in vitamins A and C. Taste the sweet goodness that sweet potatoes naturally have, and keep the additions like butter to a minimum. A medium sweet potato (about 2 inches in diameter and 5 inches long) is around 100 calories when baked in the skin.

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

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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

Simply Produce



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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.



Easy Roasted Veggies

Serves: 5

Serving Size: 1 Cup



Ingredients:

- 5 cups vegetables, cut into uniform sized pieces (carrots, mushrooms, onions, potatoes, sweet potatoes, turnips, winter squash)
- 1 tablespoon oil (canola or vegetable)
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Preheat oven to 425°F.
3. Spray a baking sheet with nonstick cooking spray.
4. Spread vegetables evenly in a single layer on the pan.
5. Sprinkle oil on the vegetables. Stir. Sprinkle with Italian seasoning, ground black pepper, and salt. Stir.
6. Bake for 20-40 minutes, stirring every 10 minutes. Bake until vegetables are tender.
7. Refrigerate any leftovers within 2 hours of serving.
8. Consume or throw out food within 4 days of preparation.

Nutrition Facts

5 Servings Per Recipe
Serving Size: 1 cup

Amount Per Serving

Calories **90**

| | % Daily Value* |
|--------------------------------|----------------|
| Total Fat 3g | 4% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 95mg | 4% |
| Total Carbohydrates 16g | 6% |
| Dietary Fiber 3g | 11% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 34mg | 3% |
| Iron 0.7mg | 4% |
| Potassium 444mg | 9% |

* 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

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Thank you for shopping local!