



**Fresh
Produce
Bundle
\$15**

February 2024

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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County
increases access
to fruits and
vegetables while
encouraging
shopping local.
Call Gene's
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Foods in
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Ready, Set...Walk Kansas 2024

Walk Kansas is back for 2024!

This annual team-based challenge encourages people to walk, jog, run, bike, swim, or do whatever they need to live more healthfully. The program routinely draws more than 5,000 participants in Kansas and across the country.



Walk Kansas was founded in 2001 on the principle that if teams of six people would meet the minimum guidelines for physical activity over eight weeks, they could collectively and virtually walk across the state of Kansas – or approximately 423 miles.

The U.S. Centers for Disease Control and Prevention recommends 150 minutes of moderate to vigorous physical activity each week – or about 30 minutes a day, five days a week.

If you're unsure about the meaning of "moderate activity", try the Talk Test. Whatever activity you're doing, if you can barely have a conversation, but not sing, then you're exercising at a moderate level.

Registration for Walk Kansas 2024 opens the first week in March, so start recruiting teammates now! The eight-week challenge will run from March 31 through May 25. Walk Kansas is also open to those who want to take on the eight-week program by themselves.

For more information about Walk Kansas contact Midway FCS Agent, Jessica Kootz, jessicak@ksu.edu or 785.472.4442/785.483.3157. 🍓

Living Well Wednesday - March 13 : Navigating Diets, Supplements, and Women's Health in a Confusing World

K-State Research and Extension's Living Well Wednesday series continues March 13. Family and Consumer Sciences agents and Regional Specialists facilitate these educational webinars.

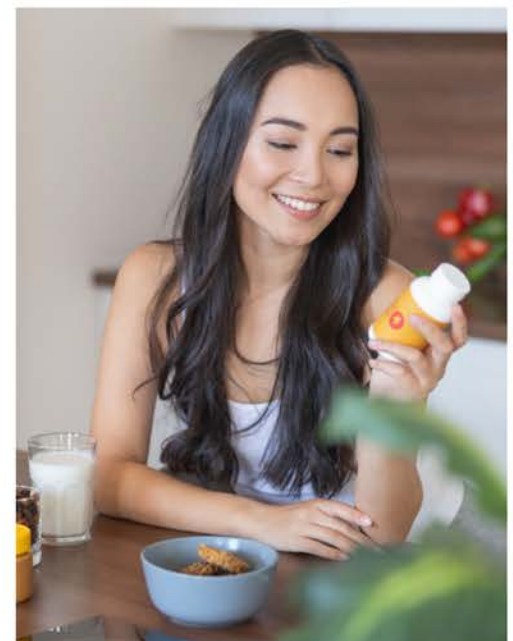
With so much information on health, it's hard to know what is true. This session will cover keys to a healthy and balanced diet, discuss how/when to use supplements, and explore wellness tips for women.

Learn if medications that facilitate weight loss work for long-term wellness during this informative webinar on March 13, at 12:10 pm.

Join us and bring your questions as Priscilla Brenes, State Extension Specialist in the Department of Food, Nutrition, Dietetics, and Health shares her expertise.

All Living Well Wednesday webinars are recorded and posted at <https://www.ksre.k-state.edu/fcs/livingwellwed/>.

Register today to attend live or to receive a link to the recording and information. <https://bit.ly/47WAPoN>. 🍓





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.

Simply Produce  **K-STATE** | Midway District
Research and Extension

Ordering/Distribution Dates

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

Place Orders: 2/9 (8am) - 2/14/24 (Noon)

Pick up Basket: 2/16/24 (Noon - 12:45pm)

Place Orders: 3/8 (8am) - 3/13/24(Noon)

Pick up Basket: 3/15/24 (Noon - 12:45pm)

Place Orders: 4/12 (8am) - 4/17/24 (Noon)

Pick up Basket: 4/19/24 (Noon - 12:45pm)

Place Orders: 5/10 (8am) - 5/15/24 (Noon)

Pick up Basket: 5/17/24 (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.



Tasty Taco Rice Salad

Serves: 8 | Serving Size: 1 1/2 Cups

Ingredients:

- 1 pound lean ground beef
- 1 1/2 cups instant brown rice, uncooked
- 2 cups water
- 1 cup onion, chopped (about 1 medium)
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeño (chopped finely)
- 2 cups spinach or romaine lettuce
- 1 cup 2% fat cheese, shredded

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Cook ground meat in a large skillet until brown (160° F). Drain off fat. Rinse meat with warm water to remove the grease.*
3. Add rice, water, onion, and chili powder to meat in skillet.
4. Cover. Simmer over low heat about 15 minutes to cook rice.
5. Add tomatoes and jalapeño. Heat for 2-3 minutes.
6. Place layers of spinach or romaine lettuce, rice mixture, and cheese on plates. Serve at once.
7. Refrigerate any leftovers within 2 hours of serving.
8. Consume or throw out food within 4 days of preparation.



Nutrition Facts

8 Servings Per Recipe
Serving Size: 1 1/2 cups

Amount Per Serving

Calories **230**

% Daily Value*

Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 190mg	8%
Total Carbohydrates 20g	7%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 192mg	15%
Iron 2mg	10%
Potassium 470mg	10%

* 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!