



**Fresh  
Produce  
Bundle  
\$15**

**March 2024**

# Simply Produce

## Produce Spotlight: ASPARAGUS

Asparagus is good steamed, roasted, stir-fried or cooked in the microwave. It can be used in salads, pasta dishes, stir fries, soups or eaten raw with your favorite dip. Most asparagus is green to purplish, but there are variations that are purple and white.

### WHY SHOULD I EAT THIS?


Asparagus is a good source of fiber which can help lower cholesterol levels and may lower risk of heart disease. Fiber is also important for proper bowel function and helps reduce constipation. It provides a feeling of fullness with fewer calories. Additionally, asparagus has vitamin A for eye health and vitamin C for wound healing.

### SELECTION AND STORAGE TIPS:

Avoid limp or wilted stalks. Choose odorless asparagus with tips that are dry, compact and closed. Choose thinner asparagus if you prefer more tender stalks.

Store unwashed asparagus by wrapping the cut ends of the stalks in a wet paper towel and placing them in a plastic bag. Store in the refrigerator for up to four days.

### HOW COULD I USE THIS?

- Make an omelet with asparagus, feta cheese, and cherry tomatoes
- Add asparagus to soup, salad, or pasta
- Make a quick and tasty snack by spreading soft cheese on a whole grain cracker and top with a piece of asparagus
- Coat asparagus with olive oil and saute, grill, broil, or air fry for 5-8 minutes depending on the thickness of asparagus 

Source: [food.unl.edu](http://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.**



## Ready, Set...Walk Kansas 2024

Registration for Walk Kansas 2024 is open, so start recruiting teammates now! Teams include six participants or participants are welcome to join “solo”.

The eight-week challenge will run from March 31 through May 25.

For more information about Walk Kansas contact Midway FCS Agent, Jessica Kootz, [jessicak@ksu.edu](mailto:jessicak@ksu.edu) or 785.472.4442/785.483.3157. 🍓



## Sweet Treat? Go ahead, but in Moderation

Our bodies like variety. As humans, we might like snacks, and we do need to be mindful on making the healthy choice the easy choice. Good health does not mean that you cannot eat the cookie or the breakfast bar that’s made of ultra-processed cereals. But you also need to have healthy options for you and your family that are easy to grab and consume.

Fruits and vegetables and other healthy snacks are certainly important, but enjoying other foods – including those that may not be quite as healthy – is acceptable when done in moderation.

Those foods may remind you of an event in your life that brings comfort to you. It’s important to have a good relationship with food, which means you have moderation in everything you eat. There are foods that are more nutritious than others, and you need to eat more of those foods. But you also have a space where you allow yourself to have a good relationship with foods that you simply enjoy yet might not be as nutritious.

The Academy of Nutrition and Dietetics annually recognizes March as National Nutrition Month in the United States. In 2024, the Academy’s theme for National Nutrition Month is ‘Beyond the Table.’

What that means, is that we should focus not only on the nutrients that food can bring to our body, but also the impact to our community and to the farmers growing that food. We should know and understand where our food comes from. And we should recognize not just what the food is doing to our body now, but also how our purchasing behavior affects the community around us, or the effects that restaurants and other food service providers have on the community.

Some ideas for celebrating the effect of food production on a community’s health includes taking children to a local farmers market, starting a community garden, or – more simply – a window sill garden at home.

For daily health, I encourage the U.S. Department of Agriculture’s dietary guideline known as [MyPlate](#), a symbol of the five food groups. In general, one-half of one’s plate at any meal should include fruits and vegetables; one-quarter each for grains and proteins; and one serving of dairy.

It can be challenging to eat five portions of fruits and vegetables in a day if we don’t plan for it, So, before you go to the grocery store, sit down and plan the fruits and vegetables you want to eat, and ask your family what they’d like. That planning can help your purchasing behavior. 🍓

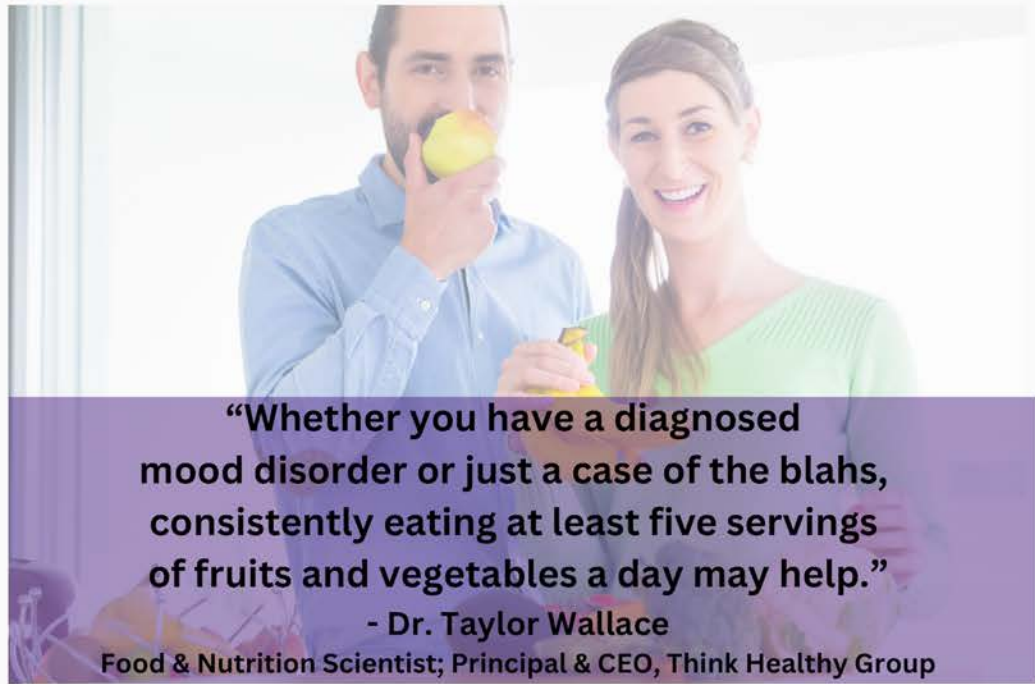


## Mental Health Minute

Research suggests eating more fruits and veggies can help improve happiness, satisfaction, and emotional well-being.

Mental health is just as important as physical health. Eating delicious fruits and veggies can boost your health AND your mood!

Eating more fruits and vegetables can help you have a more positive outlook on life and feel confident and proud that you are making the best food decisions. 🍓



**“Whether you have a diagnosed mood disorder or just a case of the blahs, consistently eating at least five servings of fruits and vegetables a day may help.”**

**- Dr. Taylor Wallace**

**Food & Nutrition Scientist; Principal & CEO, Think Healthy Group**

*Source: fruitsandveggies.org*

**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:** 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)

**Place Orders:** 6/14 (8am) - 6/19/24 (Noon)

**Pick up Basket:** 6/21/24 (Noon - 12:45pm)

**Place Orders:** 7/11 (8am) - 7/17/24 (Noon)

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

### For more information, contact

Jessica Kootz at Midway Extension District, 785.472.4442 or by email at [jessicak@ksu.edu](mailto: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.*



## Classic Corned Beef with Cabbage & Potatoes

Serves: 8

### Ingredients:

- 1 Corned Beef Brisket (2-1/2 pounds)
- 5 cups water, divided
- 1 medium head cabbage (about 2 pounds), cut into wedges
- 8 ounces Yukon Gold potatoes, cut into 8 wedges
- 8 ounces carrots, cut into 1-inch pieces
- 2 tablespoons butter, melted
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

### Nutrition:

- Nutrition information per serving, 1/8 of recipe: 371 Calories; 221.4 Calories from fat; 24.6g Total Fat (9 g Saturated Fat; 0.1 g Trans Fat; 0.9 g Polyunsaturated Fat; 11.3 g Monounsaturated Fat;) 119 mg Cholesterol; 1298 mg Sodium; 15 g Total Carbohydrate; 4.2 g Dietary Fiber; 5.2 g Total Sugars; 23 g Protein; 0 g Added Sugars; 86 mg Calcium; 3 mg Iron; 451 mg Potassium; 4.5 mcg Vitamin D; 0.3 mg Riboflavin; 4 mg NE Niacin; 0.4 mg Vitamin B6; 1.9 mcg Vitamin B12; 182 mg Phosphorus; 5.5 mg Zinc; 37.6 mcg Selenium; 93.8 mg Choline.
- This recipe is an excellent source of Protein, Vitamin D, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber, Iron, Phosphorus, and Choline.

Source: [beefitswhatsfordinner.com](http://beefitswhatsfordinner.com)



### Directions:

1. Wash hands for 20 seconds with soap and water.
2. Preheat oven to 350°F. Place Corned Beef Brisket and 3 cups water in large stockpot or Dutch oven, fat-side up. Bring to a simmer. Do not boil. Cover tightly and cook in 350°F oven 2-1/2 to 3 hours or until fork-tender.
3. *Cook's Tip:* If seasoning packet is included with Corned Beef Brisket, pour over brisket after the water is added in Step 2.
4. Transfer brisket to cutting board, reserving any liquid in stockpot; cover brisket with aluminum foil. Let stand 15 to 20 minutes.
5. Meanwhile add 2 cups remaining water to same stock pot with reserved liquid. Place steamer basket in stock pot. (Liquid should not touch bottom of basket). Place cabbage, potatoes and carrots in basket. Bring to a boil. Cover tightly; reduce heat and steam vegetables 20 to 25 minutes or until fork-tender.
6. Remove fat from brisket, if desired. Carve brisket into thin slices across the grain. Combine butter, salt and pepper in small bowl. Drizzle over vegetables. Serve brisket with vegetables.

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!*