

July 2023

Simply Produce

**Fresh
Produce
Bundle
\$15**

Produce Spotlight: STRAWBERRY

The strawberry is a small plant that belongs to the Rose family. Strawberry plants may appear to grow on vines, but they produce runners, or daughter plants, that mimic vine growth. These runners help the strawberry spread across a garden. Strawberries can be grown wild or as a cultivated plant.

HOW DO I MAKE A GOOD SELECTION?

Choose strawberries that are firm, shiny, and brightly colored. Strawberries should be free from bruising and mold. Harvest or choose ripe berries as they do not ripen after being picked.


WHAT IS THE PROPER STORAGE?

Store unwashed strawberries in their original container or in a paper lined container covered with plastic wrap in the refrigerator for 1-3 days.

WHY SHOULD I EAT THIS?

Strawberries contain vitamin C, which helps heal cuts and wounds. They are a good source of potassium, which helps with muscle contractions and regulating fluid balance in the body. Strawberries also have folate, which is important for women who are pregnant, as it plays an important role in preventing birth defects.

HOW COULD I USE THIS?

- Add sliced strawberries to a salad
- Make a fruit salad using strawberries
- Top yogurt or ice cream with sliced strawberries
- Add sliced strawberries to cereal or oatmeal
- Add to the batter or top pancakes or waffles with chopped/sliced strawberries
- Add to a smoothie
- Add cut strawberries to baked goods and other desserts like pies
- Make jams and jellies
- Blend strawberries and add to lemonade 

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: 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). 🍓

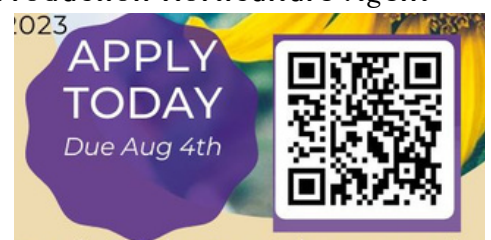
Source: KSRE

Upcoming Master Gardener Training

Master Gardener volunteers are educators passionate about strengthening vibrant local economies and liveable communities by empowering individuals and families to cultivate healthy environments and food systems through horticultural practices. Passionate about gardening, life-long learning, and community education? Then apply to be an Extension Master Gardener!

The training is completely virtual and participants must have access to Zoom. Training days by Zoom are Thursdays from 1:00 p.m. - 4:00 p.m. during September 7 - November 30.

Application deadline is August 4, 2023, and the cost is \$50.00. An in-person meeting will be held in Ellsworth on September 5. For more information, please contact Crop Production Horticulture Agent Craig Dinkle at 785.472.4442 or cadinkle@ksu.edu. 🍓





Upcoming Events:

Date	Event	Organization
July 24 - 28	Russell County Free Fair	Midway Extension District at Russell County 4-H Building and Fairgrounds
August 11 - 16	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
August 18	Pick up your Simply Produce Basket NOON - 12:45p	ECMC Admin Building

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: 7/14/23 (8am) - 7/19 (Noon)

Pick up Basket: 7/21/23 (Noon - 12:45pm)

Place Orders: 8/11/23 (8am) - 8/16 (Noon)

Pick up Basket: 8/18/23 (Noon - 12:45pm)

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)

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.



Chickpea Salad

Serves: 4
Serving Size: 1 Cups



Ingredients:

- 3/4 cup (half of a 15.5 ounce can) canned chickpeas (drained and rinsed)
- 2 cups spinach, chopped
- 1 cup carrots (finely chopped)
- 3/4 cup celery (finely chopped)
- 1 green onion, sliced
- 2 tablespoons parsley, minced
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1 tablespoon mayonnaise

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Combine all ingredients in a medium bowl. Stir until vegetables are coated with mayonnaise.
3. Serve right away or cover tightly and store in the refrigerator for up to one day.

Nutrition Facts

4 servings per recipe
Serving Size: 1 cup

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrates 11g	4%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 1mg	6%
Potassium 290mg	6%

* 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!