



**Fresh  
Produce  
Bundle  
\$15**

**November 2023**

# Simply Produce

## Produce Spotlight: CRANBERRIES

Cranberries can add color, refreshing taste, and nutrients to foods and beverages. Available in many convenient forms, from fresh or dried to juices and sauces, cranberries are an ingredient you can use throughout the year. You can add fresh cranberries to breakfast breads, toss dried cranberries into a salad, or mix up a refreshing beverage with one of the many forms of cranberry juice. Check out the following tips and information on buying, storing, and adding cranberries to a healthful eating plan in new and delicious ways.


### SELECTION AND STORAGE TIPS:

Choose fresh cranberries that are full, plump, firm, and dark red or yellowish-red. Avoid cranberries that are soft, shriveled, or have brown spots. For freshness and quality, fresh cranberries should be consumed within two months if refrigerated from the date of purchase and 12 months if frozen from the date of purchase (sealed in an airtight container). Cranberries freeze well, either whole or sliced.

### WHY SHOULD I EAT THIS?

Cranberries are fat-free, cholesterol-free, sodium-free, and a good source of Vitamin C and fiber. Cranberries are thought to provide health benefits because of their flavonoid and phytonutrient content. These naturally occurring compounds have antioxidant and antimicrobial benefits, including reducing the risk of urinary tract infections. They have also been shown to promote cardiovascular health by reducing low-density lipoprotein-oxidation (bad cholesterol), maintaining or improving high-density lipoprotein levels (good cholesterol), and improving vascular function.

### HOW COULD I USE THIS?

Cranberries are versatile and can be combined with many other flavors. Try mixing cranberry juice with other juices such as apple, orange or grape. Dried cranberries can be added to nuts, trail mix, granola, oatmeal, or even chicken salad. Fresh or dried cranberries work well in quick breads such as muffins, sweet breads, and yeast breads. These berries also work well in pies, cobblers, chutneys, salsas, and relishes. 

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.**

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Jessica Kootz two weeks prior to the start of the event at 785.472.4442 or [jessicak@ksu.edu](mailto:jessicak@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.



## Sweet Potatoes vs Yams

No, they are not the same. In fact, you've probably never eaten an actual yam. Here's the difference.

Sweet potatoes are members of the morning glory family. Fresh sweet potatoes are harvested in the fall. They are sweeter than yams and more slender than a russet potato. Sweet potatoes are available in four colors:

1. Rose-colored skin with orange flesh.
2. Pale copper-tan skin with white flesh.
3. Red skin with dry white flesh.
4. Purple skin and flesh.



Yams are related to lilies and are very starchy in texture. They are less sweet, larger and have a short shelf life. They look more like logs with a thick skin. Yams must be cooked as they may contain toxins.

When the orange-fleshed sweet potato variety was brought to the U.S., they were referred to the African word "nyami," "njam," or "djambi" and labeled as yams.

Learn more from the North Carolina Sweet Potato Commission. 🍓

Source: KSRE



## Storing and Enjoying Turkey Leftovers

Holiday food, especially turkey, can often be enjoyed for several meals after the large feast. Follow these tips to keep yourself and loved ones safe from foodborne illness this holiday season.

1. Cook all poultry to an internal temperature of 165° F as measured with a food thermometer.
2. Cool food rapidly so it reaches the safe refrigerator-storage temperature of 40° F or below as fast as possible. To do this, divide large amounts of food into shallow containers. Cut turkey into smaller pieces and refrigerate. Slice breast meat; legs and wings may be left whole. Hot food can be placed directly in the refrigerator or be rapidly chilled in an ice or cold water bath before refrigerating.
3. Cover leftovers, wrap them in airtight packaging, or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.
4. Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.
5. It is safe to reheat frozen leftovers without thawing, either in a saucepan or microwave (in the case of a soup or stew) or in the oven or microwave (for example, casseroles and combination meals). Reheating will take longer than if the food is thawed first, but it is safe to do when time is short.
6. When reheating leftovers, be sure they reach 165° F as measured with a food thermometer. Reheat sauces, soups, and gravies by bringing them to a rolling boil. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through. 🍓

Source: usda.gov





## Mental Health Minute

**“Think of resilience as a process of bouncing back -- of rising above adversity. And to do so ideally, with lessons that enable you to better handle the next bump in the road.”**

The 7 C’s of the resilience model gives insight into different strategies for building mental resilience. To learn more about each “C”, visit

<https://parentandteen.com/building-resilience-in-teens/> 

Source: KSRE

THE 7 C'S OF  
**RESILIENCE**

- **Confidence:** believe in yourself
- **Competence:** possess a skillset
- **Connection:** engage in meaningful human connection
- **Character:** keep solid core values
- **Contribution:** have a sense of purpose
- **Coping:** have healthy coping strategies to get you through tough times
- **Control:** understand that your actions matter and are impactful

**K-STATE** | Stress and Resiliency Team  
Research and Extension

Source: <https://parentandteen.com/building-resilience-in-teens/>

**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!*

<i>Place Orders:</i> 11/10 (8am) - 11/15 (Noon)	<i>Pick up Basket:</i> 11/17/23 (Noon - 12:45pm)
<i>Place Orders:</i> 12/8 (8am) - 12/13 (Noon)	<i>Pick up Basket:</i> 12/15/23 (Noon - 12:45pm)
<i>Place Orders:</i> 1/12,(8am) - 1/17/24(Noon)	<i>Pick up Basket:</i> 1/19/24 (Noon - 12:45pm)
<i>Place Orders:</i> 2/9 (8am) - 2/14/24 (Noon)	<i>Pick up Basket:</i> 2/16/24 (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.



# Cranberry Coffee Cake

Serves: 8

## Ingredients:

- 1 egg
- 1/2 cup non-fat milk
- 1/2 cup yogurt, non-fat vanilla
- 3 tablespoons canola oil
- 1/4 teaspoon cinnamon
- 2 teaspoons lemon peel (grated, yellow only)
- 2 cups flour
- 1/2 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 cups fresh (or frozen unsweetened) cranberries (or blueberries)

## Topping Ingredients:

- 3 tablespoons sugar
- 1/8 cup walnuts (coarsely chopped)

## Nutrition Information Per Serving:

Calories 278  
 Total fat 7 g  
 Saturated fat 1 g  
 Cholesterol 24 mg  
 Sodium 415 mg  
 Total carbohydrates 49 g  
 Dietary fiber 2 g  
 Protein 6 g  
 Total sugar 23 g  
 Allergens Tree nuts



## Directions:

1. Wash hands for 20 seconds with soap and water.
2. Preheat oven to 400 degrees. Position rack in the center of the oven.
3. In a large bowl, whisk together the egg, milk, yogurt, oil, and lemon peel.
4. Sift the flour, sugar, baking powder, and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
5. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.
6. In a small bowl combine the topping ingredients. Sprinkle evenly over the cake batter.
7. Bake at 400 degrees for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.
8. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
9. Serve warm or at room temperature.

\*\*When tightly wrapped in plastic wrap, this coffee cake will keep for 3 to 4 days in the refrigerator. It also freezes very well.

Source: [unm.edu](http://unm.edu)

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!*