

February 2025

Simply Produce

Fresh
Produce
Bundle
\$15

Produce Spotlight: BROCCOLI

Broccoli is a vegetable that grows as clusters of flower buds, called florets, on a stem. The heads of broccoli should be harvested before the flowers open or turn yellow.

WHY SHOULD I EAT THIS?

Broccoli has calcium which helps build bones. It also has Vitamin A which promotes cell growth and good vision. It is a good source of iron, which is important for helping blood cells move oxygen through the body. It also has folate, which is important for women who are pregnant, as it plays an important role in preventing birth defects.

SELECTION AND STORAGE TIPS:

Select large, firm and brightly colored heads of broccoli with tight florets that are dark green, purplish, or bluish green. Avoid discolored and damaged heads of broccoli.

Store unwashed broccoli heads in a plastic bag in the refrigerator for 3-5 days. Whole heads of broccoli can be stored, or can be cut into florets for quick use.

HOW COULD I USE THIS?

- Add raw or cooked broccoli to a salad
- Try as a pizza topping
- Eat raw broccoli with dip
- Add broccoli to soup or stew
- Add to an omelet
- Boil, steam, roast or microwave broccoli for a side dish
- Add to a pasta dish or pasta salad
- Add broccoli to a stir-fry
- Add to a casserole 🍓

Source: food.unl.edu



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County
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vegetables while
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Egg Substitutes When Baking

No eggs? No Problem! You can use a variety of other foods when cooking and baking. It's good to know how much egg substitute you need when replacing eggs in your recipe. 1 egg is roughly 1/4 cup (4 tablespoons/2oz) so you need to replace that volume in your recipe.

Depending upon the recipe and the function of the egg, certain options are better suited than others, as the flavor and texture may be slightly altered.

Egg substitute for binding (helps hold the shape and stick together), such as in meatloaf:

- 1 Tablespoon flax or chia seed + 3 Tablespoons water (combine and let sit for 5 minutes)
- 1 package plain gelatin + 2 Tablespoons warm water (do not mix until ready to use)

Egg substitute for leavening (gives texture and a lift), such as in cookies:

- 1 Tablespoon flax or chia seed + 3 Tablespoons water + 1/2 teaspoon baking powder
- 1/2 teaspoon baking powder + 1 Tablespoon liquid (water) + 1 Tablespoon vinegar
- 1- 1/2 Tablespoons water + 1 1/2 Tablespoons oil + 1 teaspoon baking powder

Egg substitute for moisture (by leaving out the egg altogether and simply adding more moisture), such as in pancakes, cupcakes, and quick breads:

- 1/4 cup mashed banana, mashed avocado, applesauce, pumpkin puree, sweet potato, mashed beans, or silken tofu
- 2 Tablespoons mayonnaise

Other ways to replace eggs (Each replacement equals 1 whole egg):

- 2 egg whites
- 1/4 cup commercial egg substitute

Pro tips when using these alternatives:

- Ground flaxseeds + water - Grind flaxseeds, mix with water, and let it rest until it becomes gelatinous.
- Mashed banana - The banana you use should be ripe and easily mashed.
- Silken tofu - Process tofu in a blender until smooth and creamy. 🍓

Common baked goods and alternative egg replacements that work well

	Flaxseeds + H2O	Mashed Banana	Applesauce	Yogurt	Silken Tofu
Cake		X	X		X
Cupcake		X	X		X
Brownie	X	X	X	X	X
Cookie	X				

Source: extension.illinois.edu

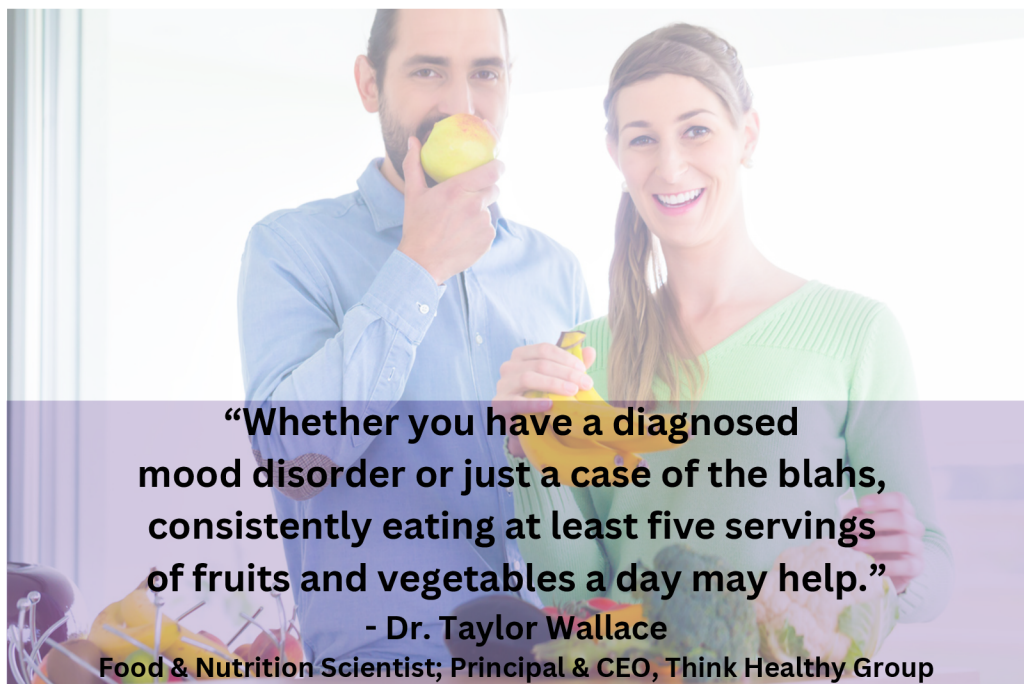


Mental Health Minute

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.

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K-STATE
Research and Extension

Midway District

Ordering/Distribution Dates

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

Place Orders: 04/11/25 (8am)-04/16/25(Noo

Pick up Basket: 04/18/25 (Noon - 12:45pm)

Place Orders: 05/09/25 (8am)-05/14/25(Noo

Pick up Basket: 05/16/25 (Noon - 12:45pm)

Place Orders: 06/13/25 (8am)-06/18/25(Noo

Pick up Basket: 06/20/25 (Noon - 12:45pm)

Place Orders: 07/11/25 (8am)-07/16/25(Noo

Pick up Basket: 07/18/25 (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.



Peanut Butter Banana Smoothie

Serves: 2

Serving Size: 1/2 Recipe

Ingredients:

- 2 small bananas (ripe, frozen)
- 1 cup skim milk
- 1 1/2 tablespoons creamy peanut butter
- 1/2 tablespoon unsweetened cocoa powder
- 1/2 cup low-fat vanilla yogurt
- 1 1/2 cups ice

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Peel bananas, chop into small pieces and place in freezer until hard.
3. Gather all ingredients and put all ingredients in a blender.
4. Blend on high until smooth.
5. Pour into 2 glasses. Serve right away.

Tips and Variations:

1. Garnish with a slice of banana and sprinkle of cinnamon!
2. Watch how to make this kid-friendly recipe on YouTube.

<https://www.youtube.com/watch?v=iWAuLYhDrC0>



Nutritional Information:

Calories: 260

Total fat: 8 g

Saturated fat : 2 g

Cholesterol: 6 mg

Sodium: 136 mg

Total carbohydrates: 40 g

Dietary fiber: 4 g

Protein: 11 g

Total sugar: 28 g

Allergens: Dairy; Tree nuts

Source: reallifegoodfood.umn.edu

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Thank you for shopping local!