

May 2025

Simply Produce

**Fresh
Produce
Bundle
\$15**

Produce Spotlight: CUCUMBERS

Cucumbers originated in India thousands of years ago. Cucumbers come in several varieties which can be used for different purposes. Some varieties are usually pickled while others are eaten raw.

WHY SHOULD I EAT THIS?


Cucumbers contain water to help keep you hydrated. Cucumbers also have fiber, which helps maintain bowel function. Potassium is a mineral found in cucumbers which helps regulate fluid balance and muscle contractions. Vitamin C is in cucumbers, which helps heal cuts and wounds.

SELECTION AND STORAGE TIPS:

Choose firm cucumbers with a dark green color. Avoid if there is a bulge in the middle of the cucumber or if there are soft spots.

Store unwashed cucumbers in a plastic bag in the refrigerator for up to one week..

HOW COULD I USE THIS?

- Add to a sandwich or whole wheat wrap
- Try cucumbers on a salad
- Use cucumbers in a gazpacho
- Add cucumbers to a coleslaw
- Make your own tzatziki dip
- Add to a quinoa, brown rice or whole grain pasta salad
- Cut into slices or sticks and dip into hummus 

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.**



Outdoor Food Safety for Picnics and BBQs

Food safety is a huge part of keeping your summer fun and healthy. Warm weather events like picnics and barbecues present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical.

From the refrigerator/freezer to the picnic table, keep cold foods cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.

Cook food thoroughly. When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly. For meat, there are three temperatures that consumers should store to memory:

- 145° Fahrenheit for steaks, roasts, chops, fish, and other whole cuts of meat
- 160° F for ground meat, including beef, pork, and lamb
- 165° F for all types of poultry

Keep “ready” food hot. Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the “Danger Zone” — between 40 °F and 140 °F — for more than 2 hours, or 1 hour if outdoor temperatures are above 90 °F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness. 🍓

Source: KSRE

May is Mental Health Awareness Month

Mental health is our psychological, emotional, and social well-being. It impacts every part of our lives including our thoughts and behaviors.

Mental health can change over time. Many things can impact a person's mental health including excess stress, limited resources, or lack of support.

Millions of Americans are currently living with at least one mental health condition.

Untreated mental conditions can have serious consequences such as: substance abuse, unemployment, homelessness, poor quality of life, suicide, unnecessary disability, or incarceration.

The most common treatment for mental health conditions is a combination of therapy and prescription medication.

Talk to a mental health professional if you believe you may be living with an untreated mental condition. 🍓

MENTAL HEALTH Awareness MONTH

You play a role in your family's mental health. Be their support.

Mental health is for everyone, and everyone deserves mental health support when they need it.

Learn more at [FindSupport.gov](https://www.findsupport.gov).



We're hiring!

Midway Extension District is currently looking for a highly motivated, self-starter to fill the 4-H Youth Development Agent position in Midway District.

Extension agents are professional educators, community connectors and innovators who serve as a link between Kansas State University and communities across Kansas.



PURPOSE. IMPACT. GOOD LIVING.
JOIN OUR TEAM AS A
4-H YOUTH DEVELOPMENT AGENT.

K-State Research and Extension is an equal opportunity provider and employer.
A criminal background check is required.



Learn more at www.ksre.k-state.edu/about/careers

This agent will lead the development, implementation, and evaluation of a comprehensive 4-H youth development program for school-aged youth in cooperation with local community members and extension colleagues. The primary focus of this position is youth development, along with adult volunteer development; youth education program development; membership growth and participation; and community partnership expansion. Programming will include but is not limited to: community club support, out-of-school programs, school enrichment, volunteer management, and outreach to create program opportunities with new and existing community partners. 🍓

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: 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)

Place Orders: 08/08/25 (8am)-08/13/25(Noo

Pick up Basket: 08/15/25 (Noon - 12:45pm)

Place Orders: 09/12/25 (8am)-09/17/25(Noo

Pick up Basket: 09/19/25 (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.



Mango Salad

Serves: 6

Ingredients:

- 3 cups Mango (about 2 medium), ripe but firm, cubed
- 1 Cucumber peeled and cubed
- 1/4 cup Bell Pepper red or green, diced
- 1/4 cup Red Onion diced
- 1/2 Jalapeño Pepper seeded and minced
- 2 tablespoons Fresh Cilantro cut and discard bottom 2 inches of stems, chopped
- 3 1/2 tablespoons Fresh Lime Juice adjust to taste
- 1/4 teaspoon Salt adjust to taste
- 1 tablespoon Brown Sugar (Optional)

Directions:

1. Wash hands for 20 seconds with soap and water.
2. In a bowl: combine mango, cucumber, bell pepper, onion, jalapeño, and cilantro.
3. In a small container: dissolve brown sugar and salt in the lime juice.
4. Pour lime juice mixture over ingredients in the bowl and mix to cover evenly.
5. Serve.
6. Refrigerate any leftovers within 2 hours. Consume within 4 days.

Tips:

- If salad is being served later, set cucumber aside and add just before serving.
- Substitute the cilantro with fresh mint.

Source: [Source: eatfresh.org](http://eatfresh.org).



Nutrition Facts

Serving Size 1

Serving Per Container 6

Amount Per Serving

Calories 70

	% Daily Value*
Total Fat < 1 g	1%
Saturated Fat < 1 g	1%
Sodium 103 mg	4%
Total Carbohydrate 18 g	7%
Dietary Fiber 3 g	11%
Protein 1 g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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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!