

# Simply Produce

BUY **15** POUNDS of  
Produce  
FOR ONLY  
DOLLARS  
That's about half the retail price

## Slowing Onset of Alzheimer's Disease

Alzheimer's disease is currently incurable, but ongoing research is showing that tea and berries could reduce the potential onset of the disease. The USDA study conducted at Tuft's University shows more evidence that a healthy diet can be beneficial.

Flavonoids are plant nutrients known for their antioxidant, antiviral, and anticancer properties and are found in berries, tea, dark chocolate, and other foods. The study followed 2,809 people over 20 years showed a positive benefit of increased fruits and vegetables to help slow the onset of Alzheimer's. Those who consumed more plant foods containing flavonoids were more than 50% less likely to develop symptoms of Alzheimer's.

So what can it hurt? Eating more fruits and vegetables adds other nutritional benefits too! And now a variety of berries are in season. Freeze them for later use to add to any meal. 🍓



## Make Fruit Leather for a Sweet Treat!

Looking to add more fruit into your diet? Use fresh berries to make fruit leather for a handy snack. Berries are in season, so now is a great time to make fruit leather.

When fruits are dried, moisture is removed which concentrates the flavor and caloric value. The same is true when the fruit is in the form of a leather. Fruit leather tastes sweet without additional sugar and are a good source of energy. Use as snacks (children of all ages love them) or include with hiking or camping supplies.

For instructions on how to make fruit leather, contact Jessica Kootz, Midway District Family and Consumer Sciences Agent at

[jessicak@ksu.edu](mailto:jessicak@ksu.edu) or 785.472.4442. 🍓 Source: Penn State University Food Preservation

**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.**





## It's Lunch Time!

As school's start, it's time to remember food safety for school lunch. If you pack lunch for your child, keep these tips in mind:

- Have your child help with shopping and preparation for their lunch. Chances are increased your child will eat the whole lunch!
- Add colorful fruits and vegetables that are ready-to-eat.
- Change up the menu during the week so meals don't get boring.
- Use an insulated lunch bag with a small ice pack. Freeze juice boxes or fruit cups to help keep foods cold.
- Limit convenience foods that add extra fat, sodium and sugar.
- Prepare lunches the night before. Refrigerate cold items and add to the lunch bag in the morning. 🍓

Source: Iowa State University Extension

## National Potato Day

Today (Friday, August 19) is National Potato Day!

Potatoes are the 3rd most important food crop in the world after rice and wheat and the leading vegetable crop in the United States. For many, potatoes are a staple in the kitchen because of their versatility and low cost. Potatoes provide important essential nutrients, including 45 percent of the Daily Value of vitamin C, as well as potassium and dietary fiber, two nutrients that are often lacking in the American diet. 🍓

Source: UNL Food

**Simply Produce** **K-STATE** | Midway District  
Research and Extension

### Ordering/Distribution Dates

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

Place Orders: 10/14/22(8am) - 10/19(Noon)	Pick up Basket: 10/21/22 (Noon - 12:45pm)
Place Orders: 11/11/22(8am) -11/16(Noon)	Pick up Basket: 11/18/22 (Noon - 12:45pm)
Place Orders: 12/9/22(8am) - 12/14(Noon)	Pick up Basket: 12/16/22 (Noon - 12:45pm)
Place Orders: 1/13/23(8am) -1/18(Noon)	Pick up Basket: 1/20/23 (Noon - 12:45pm)

For more information, contact

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

## Simply Produce Ellsworth County

Buy **15** Pounds of Produce  
for only **Dollars!**  
(That's about half the retail price!)

How it works?

Order a produce basket for only \$15 (plus tax) at **Gene's Heartland Foods** (745 O'Donnell; 785.472.4111)!



Pick up your basket at the **American Legion Post 174** (645 W 15th St.) on the **third Friday of the month from NOON-12:45pm.**



Each basket will include recipes featuring basket items and other sale items in store!



For more information contact Jessica Kootz at Midway Extension District, 785.472.4442 or by email at [jessicak@ksu.edu](mailto:jessicak@ksu.edu)



# Upcoming Events:

Date	Event	Organization
September 5	Free Will Pancakes & Sausage (Served 7a-1p)	American Legion Post 174
September 9 - 14	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
September 11	Chicken Fried Steak Lunch (Served at NOON)	American Legion Post 174
September 11	Flag Retirement Ceremony 2p	American Legion Post 174
September 16	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174
September 22	Medicare Basics Conversation 11:30-NOON at Ellsworth Senior Center	Midway Extension District

## Don't Toss the Watermelon Rind!

Juicy watermelons are ready in many gardens! After enjoying a cool, refreshing slice of watermelon, don't toss out the rind. It can be used to make watermelon pickles! This is a southern specialty to use as a snack or in other creative ways.

When making watermelon pickles, just the pale green rind is used. Remove the watermelon flesh and the outside dark green skin. Call Midway District Family and Consumer Sciences Agent Jessica Kootz for a couple recipes to preserve watermelon rind from the National Center for Home Food Preservation.

To save the watermelon flesh:

### Freezing Melons

(Cantaloupe, Crenshaw, Honeydew, or Watermelon)

Preparation – Select firm-fleshed, well-colored, ripe melons. Cut in half, remove seeds and rind.

Cut melons into slices, cubes or balls.

Syrup Pack – Pack into containers and cover with cold 30 percent syrup. Leave headspace. Seal and freeze.

Unsweetened Pack – Pack into containers, leaving headspace. Seal and freeze. 🍓





# Beef and Vegetable Stir Fry

## Ingredients:

- 2 teaspoons ground ginger
- 1 teaspoon garlic powder
- 1/4 cup low sodium soy sauce
- 1/4 cup water
- 1/2 pound lean beef or pork (sliced thinly against the grain)
- 2 cups instant brown rice (or whole wheat noodles), uncooked
- 2 tablespoons oil (canola or vegetable), divided
- 7 cups chopped vegetables (like carrots, broccoli, mushrooms, bell peppers, and onions) or 24 ounces frozen stir fry vegetables, thawed
- 1 tablespoon cornstarch

## Directions:

1. Wash hands for 20 seconds with soap and water.
2. Mix ginger, garlic powder, soy sauce, and water. Pour 1/4 cup of the mix into a sealable plastic bag and save the rest. Add meat to the bag. Seal the bag and set it in the refrigerator for about 20 minutes.
3. Prepare brown rice according to directions on the package for 4 servings.
4. Heat 1 tablespoon of oil in a large frying pan. When oil is hot, add meat from plastic bag and stir until brown. This will take 1 to 3 minutes. Discard liquid from the bag.
5. Remove meat from pan, set aside, and cover. Add 1 tablespoon of oil to pan.
6. Add chopped hard vegetables when oil is hot. Stir and cook them for 3 minutes. Add chopped soft vegetables. Stir and cook until tender (about 5 minutes).
7. Add cornstarch to the saved ginger mixture and stir until smooth.
8. Return meat to the pan when vegetables are tender. Add cornstarch mixture and cook for about 2 minutes until bubbly.
9. Serve over brown rice.



## Nutrition Facts

4 Servings Per Recipe  
**Serving Size: 1 1/2 cup stir fry and 2/3 cup brown rice**

Amount Per Serving

**Calories 420**

% Daily Value\*

**Total Fat 13g** 17%

**Saturated Fat 2g** 10%

**Trans Fat 0g**

**Cholesterol 40mg** 13%

**Sodium 660mg** 29%

**Total Carbohydrates 58g** 21%

**Dietary Fiber 7g** 25%

**Total Sugars 7g**

**Includes 0g Added Sugars** 0%

**Protein 21g**

**Vitamin D 0mcg** 0%

**Calcium 71mg** 6%

**Iron 3mg** 15%

**Potassium 860mg** 20%

\* 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:



American Legion Post 174  
 785.810.8291

Ellsworth County Economic Development  
 785.472.9204



Ellsworth County Medical Center  
 785.472.3111

Gene's Heartland Foods, Ellsworth  
 785.472.4111



Midway Extension District  
 785.472.4442

*Thank you for shopping local!*