

July 2024

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

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Stay Strong, Stay Healthy in Ellsworth

Stay Strong, Stay Healthy is your ticket to better health.

Our bodies are made for activity, but modern conveniences allow us to be increasingly inactive. Physical inactivity can place our health at risk for many chronic diseases.

Here's the good news! We have something fun planned to get you up and moving: the Stay Strong, Stay Healthy program in Ellsworth!

This eight-week program can help you get started on the road to better health. The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve balance, health, and state of mind. No, it's not difficult or complicated weight-lifting. You'll start at a level that's right for you. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over 60. Instruction is provided by Midway District FCS Agent Jessica Kootz.

The class meets for one hour, two times each week at J.H. Robbins Memorial Library on Tuesdays and Thursdays from 10am to 11am starting August 6.

Pre-registration is required. The fee is \$20.00. To register, contact the Ellsworth Office at 785.472.4442 or email Jessica at jessicak@ksu.edu. Pre-registration forms and fee are due by August 1.

What are the benefits of strength training?

- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease 🍓

**Stay Strong,
Stay Healthy**



The Science of Freezing Food

Freezing food is an easy way to preserve high quality food with maximum nutritional value. But food in the freezer doesn't last forever as changes will occur during storage.

Freeze food as soon as possible after harvest to stop chemical compounds, called enzymes, that cause deterioration and spoilage. Enzymes are naturally in foods and must be inactivated to stop loss of color and nutrients, as well as flavor changes. Blanching vegetables is an important step to inactivate enzymes. In fruit, color changes are prevented by using pure ascorbic acid (vitamin C) or a commercial ascorbic acid mixture such as Fruit Fresh®.

Because of high water content in fruits and vegetables, texture changes occur. Water expands when frozen which ruptures food cell walls. Freezing food quickly will help reduce texture damage. Don't overload the freezer with unfrozen food and keep the freezer as cold as possible, at least 0°F or below. Over time, food loses moisture during freezing which leads to freezer burn. Use packaging designed for freezing to reduce this problem.

Freezing does not kill bacteria, it only slows it down. When food thaws, any bacteria present will become active again. Always inspect food and packages carefully before use.

Source: extension.umn.edu



Hydrating for Health

Drinking water is a good way to keep your body nourished and help prevent heat exhaustion. Be sure to hydrate well before and during any physical activity. Water helps to regulate a normal body temperature, lubricate and cushion joints, protect the spinal cord and other sensitive tissues, and rid your body of waste. In most cases, water should be your go-to beverage.

Depending on the situation, you may need a sports drink or food to replace lost electrolytes (sodium, potassium, and magnesium). Foods that help you stay hydrated include watermelon, cucumbers, cantaloupe, grapefruit, berries, and iceberg lettuce, to name a few. You can also gauge if you are hydrated by monitoring urine volume output and color. A large amount of light colored, diluted urine is a sign you are hydrated, while dark colored, concentrated urine means you are dehydrated.

If plain water is not appealing to you, try enhancing the flavor with different fruits, cucumbers and herbs. 🍓

Source: KSRE

Mental Health Minute: Eat a Balanced Diet

When you experience stress, certain vitamins that your body needs can diminish. Eating a well-balanced diet helps to replenish vitamins that your body needs, which makes you better able to fight off stress! 🍓

Source: KSRE

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: 7/12 (8am) - 7/17/24 (Noon)

Pick up Basket: 7/19/24 (Noon - 12:45pm)

Place Orders: 8/9 (8am) - 8/14/24 (Noon)

Pick up Basket: 8/16/24 (Noon - 12:45pm)

Place Orders: 9/13 (8am) - 9/18/24 (Noon)

Pick up Basket: 9/20/24 (Noon - 12:45pm)

Place Orders: 10/11 (8am)-10/16/24 (Noon)

Pick up Basket: 10/18/24 (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.



Basil, Shrimp and Tomato Pasta with Feta

Serves: 6 | Serving Size: 3/4 cup

Ingredients:

- 1 pound whole-wheat penne pasta
- 2 tablespoons olive oil
- 1 pound shrimp, deveined, shells and tails removed
- 3 tablespoons chopped fresh basil
- 2 pints grape tomatoes, cut in half
- 4 ounces (approximately ¾ cup) low-fat feta cheese

This dish is very versatile and can be made with any vegetables or proteins that you have on hand. The fresh basil and feta are the superstars in this dish.

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Cook pasta as directed.
3. While pasta is cooking, heat skillet over medium-high heat. Add olive oil to pan.
4. Sauté shrimp in olive oil until pink.
5. Add basil and grape tomatoes and sauté for additional two minutes until slightly wilted. Turn off heat.
6. Add feta and stir.
7. Serve shrimp, basil, tomatoes, and feta over whole wheat pasta.
8. Refrigerate any leftovers within 2 hours of serving.
9. Consume or throw out food within 4 days of preparation.



Nutrition Information per Serving:

- Serving Size: ¾ cup
- Vegetables: ½ cup
- Fruits: 0 cups
- Calories: 428 calories
- Carbohydrates: 60 grams
- Fiber: 10.5 grams
- Protein: 30 grams
- Fat: 10 grams
- Sodium: 552 mg

Source: medinsteadofmeds.com

Simply Produce

Simply Produce Ellsworth County brought to you by:

Ellsworth County Medical Center

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Gene's Heartland Foods, Ellsworth

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Midway Extension District

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Thank you for shopping local!