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.

HOW DO I MAKE A GOOD SELECTION?
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.

WHAT IS THE PROPER STORAGE?
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.

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.

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

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.

June 2023
Simply Produce Bundle $15

Fresh Produce Bundle $15
Tips for a Healthy Summer

The Centers for Disease Control and Prevention (CDC) recommends these six tips to help prevent chronic disease and have a healthy summer.

1) Move More, Sit Less
2) Wear sunscreen and insect repellent.
3) Keep cool in extreme heat
4) Eat healthy food
5) Choose your drinks wisely
6) Don't use tobacco

One way to help you eat more fruits and veggies AND drink more water, is to combine them! Infusing water with fruits, vegetables and herbs not only tastes good, but it is good for our bodies as well. Depending on the produce we are adding, the health benefits can vary from helping with digestion, immune support, and even freshening your breath. Fruits, vegetables and herbs contain a variety of micronutrients that work to help our bodies in many ways. Trying different combinations can help to vary up the health benefits and help us to not get tired of the same water combination. Want to get even more from your plant-infused water? Eat the produce after you are done drinking. Not only are you getting the nutrient benefits from infusing it but now you are getting fiber and a tasty snack too!

Here are some simple Plantfusion combinations that you can try in your water today.

Cucumber + Lemon ● Strawberry + Blueberry ● Cucumber + Lemon + Lime + Mint
Strawberry + Lemon + Basil ● Strawberry + Kiwi + Lime ● Carrot + Orange + Ginger
Watermelon + Mint ● Pineapple + Mango + Orange ● Grapefruit + Rosemary ● Blueberry + Lavender
Strawberry + Pineapple + Sage ● Celery + Cucumber + Lemon + Lime ● Apple + Cinnamon
Carrot + Pineapple + Apple ● Blueberry + Peach

Mental Health Minute: Eat a Balanced Diet

Weekly Stress & Resiliency Tip:
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

Source: CDC and fruitsandveggies.org
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Organization</th>
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<tbody>
<tr>
<td>June 28</td>
<td>Cancer Town Hall and Q&amp;A with Johnson Cancer Research Center</td>
<td>Midway Extension District at Fossil Creek Hotel, Russell</td>
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<td>Noon</td>
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<tr>
<td>June 29</td>
<td>Cancer Town Hall and Q&amp;A with Johnson Cancer Research Center</td>
<td>Midway Extension District at ECMC Admin Building Conference Room</td>
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<td>July 14 - 19</td>
<td>Order your Simply Produce Basket</td>
<td>Gene’s Heartland Foods in Ellsworth</td>
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<tr>
<td>July 17 - 20</td>
<td>Ellsworth County 4-H and Open Class Fair</td>
<td>Midway Extension District at Ellsworth Wellness and Recreation Center</td>
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<tr>
<td>July 21</td>
<td>Pick up your Simply Produce Basket NOON - 12:45p</td>
<td>ECMC Admin Building</td>
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<tr>
<td>July 24 - 28</td>
<td>Russell County Free Fair</td>
<td>Midway Extension District at Russell County 4-H Building and Fairgrounds</td>
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**Upcoming Events:**

**Ordering/Distribution Dates**

- **Place Orders:**
  - 7/14/23 (8am) - 7/19 (Noon)
  - 8/11/23 (8am) - 8/16 (Noon)
  - 9/8/23 (8am) - 9/13 (Noon)
  - 10/13/ (8am) - 10/18 (Noon)

- **Pick up Basket:**
  - 7/21/23 (Noon - 12:45pm)
  - 8/18/23 (Noon - 12:45pm)
  - 9/15/23 (Noon - 12:45pm)
  - 10/20/23 (Noon - 12:45pm)

For more information, contact Jessica Kootz at Midway Extension District, 785.472.4442 or by email at jessicak@ksu.edu

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 resiliency food systems sustainability.
Frozen Yogurt Bark

Ingredients:
- 2 cups nonfat vanilla yogurt
- 6 strawberries, chopped
- 2/3 cup raspberries (broken apart)
- 2/3 cup blueberries
- 3 tablespoons coconut flakes
- 2 tablespoons sliced almonds

Directions:
1. Wash hands for 20 seconds with soap and water.
2. Line a baking sheet with wax paper or parchment paper.
3. Spread yogurt thinly (1/4 inch or less) and evenly on pan.
4. Sprinkle strawberries, raspberries, blueberries, coconut flakes, and sliced almonds on top of the yogurt. Press down gently to make sure the berries, coconut, and almonds are in the yogurt.
5. Freeze for at least 3 hours.
6. Soften on the counter for about 5 minutes. Cut or break bark into pieces. Serve or store in the freezer in an airtight container for up to 2 months.

Source: Spend Smart Eat Smart

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!