



**Fresh
Produce
Bundle
\$15**

Simply Produce


Skip the Rinse, For Any Meat

The concept of clean typically means we wash or rinse items to make them clean. We wash dishes, clothes, cars, etc. So, it may seem that rinsing meat or poultry before cooking makes them clean. This practice, in fact, can cause foodborne illness instead. It is an old practice that is very outdated.

Today's modern food safety system provides cleaned meat during processing. No rinsing is required at home. If you do, any potential bacteria on the meat can be splashed onto other surfaces. If those are not cleaned, that leads to cross-contamination.

What is the best practice? Simply using a food thermometer to verify doneness and to destroy foodborne illness-causing bacteria.

Follow these temperature guidelines:

- Steaks, roasts, chops—145°F
- Ground meat—160°F
- All poultry—165°F
- Fish and seafood—145°F 



Insert a food thermometer in the thickest part of the meat and away from bones.

Source: USDA

Use Care with Stuffing!

Use these tips for preparing stuffing.

- All stuffing and dressing must be cooked to 165°F.
- Add stuffing to the turkey just before cooking the turkey.
- Stuff turkey cavity loosely to allow heat to reach inside faster. Use 3/4 cup stuffing per pound of turkey.
- As an alternative, bake the stuffing in a casserole dish.

Check out FDA.gov : "Food Safety Tips for Healthy Holidays" to help guide you with easy tips for a food safe meal. 

**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.**



Sweet Potatoes 101

Not sure about the sweet potatoes in this month's basket? Read on to see how delicious and nutritious sweet potatoes are!

SELECT

Sweet potatoes are available fresh, frozen, and canned for good nutrition and convenience. If selecting fresh, choose firm potatoes with smooth skin. Avoid cracks, soft spots and blemishes.

Nutrient Content Claims

Fat free, Saturated fat free, Cholesterol free, Low in sodium, Good source of fiber, Good source of potassium, High in vitamin A, High in vitamin C

Health Claims

Dietary Fat & Cancer:

Development of cancer depends on many factors. A diet low in total fat may reduce the risk of some cancers. Sweet potatoes are fat free.

Sodium & Hypertension:

- Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors. Sweet potatoes are low in sodium.
- Diets low in sodium may reduce the risk of high blood pressure. Sweet potatoes are low in sodium.
- Sweet potatoes, as part of a low sodium diet, may reduce the risk of high blood pressure.

Dietary Saturated Fat & Cholesterol & Risk of Coronary Heart Disease:

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease. Sweet potatoes contain no saturated fat or cholesterol.

Fiber-Containing Grain Products, Fruits, and Vegetables and Cancer:

Low fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some of cancers, a disease associated with many factors. Sweet potatoes are a good source of fiber.

Fruits & Vegetables & Cancer:

Low fat diets rich in fruits and vegetables (foods that are low in fat and may contain dietary fiber, vitamin A, or vitamin C) may reduce the risk of some types of cancer, a disease associated with many factors. Sweet potatoes are high in vitamins A and C.

Potassium & High Blood Pressure/Stroke (Authoritative Statement):

Diets containing foods that are a good source of potassium and that are low in sodium, like sweet potatoes, may reduce the risk of high blood pressure and stroke.

STORE

Store sweet potatoes in a cool, dark place for use within 3-5 weeks.

SAVOR

Presence in Ethnic Cuisines

Asian / Cuban, Puerto Rican / Latino / Mediterranean / Pacific Islands / Southern 🍓

Source: fruitsandveggies.org





Upcoming Events:

Date	Event	Organization
November 24 - 25	CLOSED for Thanksgiving: ECMC Business Offices, Outpatient, Rural Health Clinics	Ellsworth County Medical Center
December 9 - 14	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
December 16	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174
December 19	Free Will Breakfast 6:30a-9a	American Legion Post 174

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: 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)

Place Orders: 2/10/23 (8am) - 2/15 (Noon)

Pick up Basket: 2/17/23 (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 regional food system sustainability.



Sweet Potato and Apple Casserole

Serves: 4

Ingredients:

- 2 medium sweet potatoes, scrubbed with clean vegetable brush under running water, peeled, and cut into ½ inch cubes
- 1 baking apple, gently rubbed under cold running water, sliced
- ¼ cup orange juice
- 2 Tablespoons packed brown sugar
- 1 Tablespoon butter or margarine
- ½ teaspoon cinnamon
- ⅓ cup dried cranberries or raisins



Nutrition Facts:

2 cups

Calories 207

Total Fat 3g

Sodium 235mg

Total Carbohydrate 44g

Dietary Fiber 5g

Protein 2.5g

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Preheat oven to 350 °F.
3. Lightly grease or spray with nonstick cooking spray a 1 ½ quart casserole dish.
4. In a small sauce pan over medium heat, mix together the orange juice, brown sugar, butter or margarine, cinnamon, and dried cranberries or raisins. Heat and continue to stir until the sugar is dissolved and the margarine is melted.
5. In a large bowl, mix together the potatoes, apples, and orange juice mixture. Transfer to a casserole dish.
6. Bake, covered, for one hour or until the potatoes are fork tender.
7. Stir the mixture before serving to coat the sweet potatoes and apples with the juices accumulated at the bottom.
8. Store leftovers in a sealed container in the refrigerator for up to 4 days.

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.

Source: food.unl.edu

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!