

November 2024

Simply Produce

**Fresh
Produce
Bundle
\$15**

Produce Spotlight: SWEET POTATOES

Sweet potatoes have a deep orange colored flesh and a sweet taste. Sweet potatoes are starchy vegetables that contain lots of vitamins and minerals. Sometimes sweet potatoes and yams are confused, but in the United States, most stores sell sweet potatoes and not yams.

SELECTION AND STORAGE TIPS:

Choose small to medium sweet potatoes that have smooth skins and are firm. They should be free from cracks, soft spots and blemishes.

Sweet potatoes that are stored in a dry, dark, cool area can be stored for up to a month. If sweet potatoes are stored on the counter, they can be stored for up to a week.

WHY SHOULD I EAT THIS?

Sweet potatoes are high in vitamin C, which helps heal cuts and wounds. They are also high in vitamin A, which promotes good vision and cell growth.

HOW COULD I USE THIS?

- Sweet potatoes can be boiled, baked, grilled or microwaved and served as a side dish
- Make loaded sweet potatoes
- Make mashed sweet potatoes
- Make a sweet potato breakfast hash
- Make sweet potato pie
- Add to casseroles or make sweet potato casserole
- Add to a salad
- Add to soup or stew
- Mix regular potatoes and sweet potatoes to make a potato salad
- Make baked sweet potato fries
- Add to stir-fry
- Add to soup



Source: food.unl.edu



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Ellsworth
County
increases access
to fruits and
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shopping local.
Call Gene's
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Storing and Enjoying Turkey Leftovers

Holiday food, especially turkey, can often be enjoyed for several meals after the large feast. Follow these tips to keep yourself and loved ones safe from foodborne illness this holiday season.

1. Cook all poultry to an internal temperature of 165° F as measured with a food thermometer.
2. Cool food rapidly so it reaches the safe refrigerator-storage temperature of 40° F or below as fast as possible. To do this, divide large amounts of food into shallow containers. Cut turkey into smaller pieces and refrigerate. Slice breast meat; legs and wings may be left whole. Hot food can be placed directly in the refrigerator or be rapidly chilled in an ice or cold water bath before refrigerating.
3. Cover leftovers, wrap them in airtight packaging, or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.
4. Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.
5. It is safe to reheat frozen leftovers without thawing, either in a saucepan or microwave (in the case of a soup or stew) or in the oven or microwave (for example, casseroles and combination meals). Reheating will take longer than if the food is thawed first, but it is safe to do when time is short.
6. When reheating leftovers, be sure they reach 165° F as measured with a food thermometer. Reheat sauces, soups, and gravies by bringing them to a rolling boil. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through. 🍓

Source: usda.gov

Food Safety and Traveling

Food safety is always important, especially when traveling with food for get-togethers or the holidays. Make sure your "road" to food safety is smooth and not a bumpy one by following these tips:

Transport Food Safely

- Keep hot foods hot (140°F or higher) by wrapping them in foil, and then in heavy towels. Or, carry them in insulated wrappers or containers designed to keep food hot.
- Keep cold foods cold (40°F or lower) by placing them in a cooler with ice or freezer packs or an insulated container with a cold pack designed to keep food cold.

Upon Arrival

- Place cold foods in the refrigerator.
- Place hot foods in an oven hot enough to keep the food at an internal temperature of 140°F or above; use a food thermometer to ensure the food stays at a safe internal temperature.
- Plan to serve food shortly after guests have arrived.

Avoid the Danger Zone

- By keeping hot food hot and cold food cold, you are avoiding the Danger Zone (temperatures between 40 - 140°F) where bacteria grows rapidly.
- Perishable foods such as meat, poultry, eggs, and casseroles kept at room temperature for longer than 2 hours should be thrown out. Ready-to-eat foods such as cookies, crackers, bread, and whole fruit are exceptions to the Danger Zone. 🍓

Source: food.unl.edu



Mental Health Minute

REDUCING THE STRESS OF HOLIDAY SEASON

- Allow yourself some space in advance! You can take a walk or any activity alone to feel your emotions and clear your mind before returning to a crowded environment.
- Come up with positive, upbeat conversation topics that you can utilize before attending a holiday gathering to relieve pressure.
- Make preparations ahead of time and control what you can. One example would be to ask guests to bring Tupperware to take meal leftovers home!

K-STATE
Research and Extension | Stress and Resiliency Team

Source: <https://blog.zencare.co/thanksgiving-stress-tips/#~:text=Give%20yourself%20emotional%20space%20in,give%20you%20extra%20mind%20space>

Source: KSRE



The 988 Suicide and Crisis Lifeline is available for 24/7 support by calling or texting 988.

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: 12/13/24 (8am)-12/18/24(Noo
Place Orders: 01/10/25 (8am)-01/15/25(Noo
Place Orders: 02/19/25 (8am)-02/14/24(Noo
Place Orders: 03/19/25 (8am)-03/14/25(Noo

Pick up Basket: 12/20/24 (Noon - 12:45pm)
Pick up Basket: 01/17/25 (Noon - 12:45pm)
Pick up Basket: 02/21/25 (Noon - 12:45pm)
Pick up Basket: 03/21/25 (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.



Cranberry Apple Salad

Serves: 10

Ingredients:

- 1 (12-ounce) bag fresh cranberries, ground in food processor
- 2 large (3 small) Gala or Honey Crisp apples; peeled, cored & small diced
- 3 stalks celery, thinly sliced
- 1 cup chopped pecans or walnuts
- 2 (3 oz) boxes raspberry jello
- 1 lg. orange, juice and zest
- water to bring juice level to 2 cups
- 1 cup sugar

nutrition facts

Serves 10

Calories Per Serving 263

			% DAILY VALUE
Total Fat 8g	10%	Saturated Fat 0.7g	
Trans Fat 0g		Polysaturated Fat 2.4g	
Monounsaturated Fat 4.5g	0%	Cholesterol 0mg	0%
Sodium 973mg	4%	Total Carbohydrate 40.6g	18%
Dietary Fiber 3.7g	13%	Sugars 42.8g	
Protein 2.8g	6%	Vitamin A 7.8µg	1%
Vitamin C 12.2mg	14%	Calcium 24.4mg	2%
Iron 0.5mg	3%	Vitamin D 0.9µg	0%
Magnesium 21.4mg	5%	Potassium 188.5mg	4%
Zinc 0.6mg	5%	Phosphorus 68.9mg	6%
Thiamin (B1) 0.1mg	8%	Riboflavin (B2) 0.3mg	4%
Niacin (B3) 0.3mg	2%	Vitamin B6 0.3mg	5%
Folic Acid (B9) 14.1µg	4%	Vitamin B12 0.9µg	0%
Vitamin E 0.7mg	5%	Vitamin K 8.7µg	11%

Nutrient information is provided as a courtesy only. Nutrient values are estimates only based on this specific calculator. Each one uses its own database. Calculators, and the results they produce, can vary widely due to use of a different brand of product, the manner of food preparation, ingredient origins, freshness of ingredients and other factors. Please do your own due diligence.



Directions:

1. Wash hands for 20 seconds with soap and water.
2. Use a food processor or blender to grind the cranberries to size of coarse sanding sugar. If using a blender, cover with water and pulse to grind. Drain.
3. Peel and dice the apples into small chunks. Cut the celery into thin slices.
4. Chop pecan halves into pieces.
5. Zest orange and set it aside. Juice the zested orange and add water to bring the juice to 2 cups.
6. In a medium (at least 2.5 quarts) bowl, mix the cranberries, apples, celery, pecans, and orange zest. Stir to distribute evenly.
7. Heat juice, sugar, and water to boiling. Add raspberry gelatin to hot liquid and stir until sugar and gelatin are dissolved.
8. Pour the gelatin mixture over the cranberry apple mixture and stir to coat all ingredients.
9. Refrigerate until set. Once it is set, stir salad to redistribute ingredients evenly. Gelatin should be broken up and stirred throughout all the fruit. Cover until ready to serve.
10. Consume or throw out food within 4 days of preparation.

Source: glendaembree.com

Simply Produce

Simply Produce Ellsworth County brought to you by:

Ellsworth County Medical Center

785.472.3111



Gene's Heartland Foods, Ellsworth

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Grow Ellsworth County

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Midway Extension District

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Thank you for shopping local!