

**Fresh  
Produce  
Bundle  
\$15**

# Simply Produce

## Salad Safety: Tips on Caring for Packaged Greens

Salads make a nutritious meal or an easy addition of green color into the daily diet and can be found at almost any restaurant or grocery store.

Consumers also know packaged lettuce for E. coli outbreaks and a cause of foodborne illness.

Between 1998 and 2019, 36 outbreaks have occurred linked to mostly romaine lettuce.

According to a recent USDA study, E. Coli was more likely to be found on lettuce harvested in the fall than on lettuce harvested in the late spring. Overall bacterial contamination, E. Coli survival rate, and lettuce deterioration varied by season.


When shopping for bagged produce:

- Always look at the package expiration date.
- Keep packages away from raw meats to prevent cross-contamination.
- Check packages for any damage or produce that doesn't look fresh.
- Store salad greens in the refrigerator in the crisper drawer.

Although romaine lettuce is more commonly linked to E. coli outbreaks, it hasn't impacted domestic consumption.

According to a report from Colorado State University, romaine lettuce accounts for 30% of the lettuce consumed in the U.S. In 2017, the consumption of romaine and leaf lettuce increased to 12.5 pounds per person.

Darker greens have more nutritional benefits, while leafy greens are overall a great low-calorie food with fiber, folate and vitamins.

Because most leafy greens are grown near the ground, it is important to rinse fresh produce under running water before consumption. It is best to rinse leafy greens just before use and rub leaves with your fingers to remove visible contamination. 

**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.**



## No Nightmares: Halloween Food Safety Tips

Temperatures are dropping and leaves are falling which means Halloween is quickly approaching. While the holiday is not always thought to be overly risky in terms of food safety, any time perishable foods are left out can be a nightmare.

Party goers should leave perishable foods such as meat and cheese trays, pasta dishes, or finger sandwiches in the refrigerator until the party starts.

Here are some tips on how to keep party food safe to eat:

- Arrange food on small platters so you can refrigerate and rotate food within two hours.
- Use party tray lids as coolers by filling them with ice and setting the trays on top.
- Store perishable treats. They should not be left out at room temperature for longer than two hours.
- Wait until dough and batters are fully cooked before taste testing.
- Beware of unpasteurized juice or cider, as it can contain harmful bacteria such as E. coli O157:H7 or Salmonella.

Be sure to wash your hands before preparing food and keep raw meats away from ready to eat foods to prevent cross contamination.

When planning a Halloween bash, keep in mind food allergies. To avoid allergic reactions, ask your guests beforehand if they have any food allergies. Keep in mind that sesame is now the ninth major food that can trigger allergic reactions.

Trick-or-treating can be a sticky situation if candy is not thoroughly inspected. Parents, please examine the treats to avoid any tricks that may be in your children's bags. If any treats are damaged or open, discard them.

When gathering treats to hand out, consider non-food items for kids with food allergies.

If you want to make sure your Halloween is a treat and not a trick, give your goblins a meal or snack before trick-or-treating to fuel them through the fun.

Happy haunting! 🍓



## Midway District is Hiring

We're looking for a highly motivated self-starter to fill a 4-H Youth Development Agent position in the Midway District, serving Russell and Ellsworth Counties. Learn more and apply at [www.ksre.edu/jobs](http://www.ksre.edu/jobs).

Midway District - Russell Office is looking for a friendly, motivated person with computer, recordkeeping, and website and social media management skills to serve as an Office Professional. Office Professionals in this position will meet and greet customers, direct phone calls/office visits, and handle general office duties. Bonus skills include website and social media platform management experience. The position description and application can be found at <https://www.midway.k-state.edu/>. 🍓



# Upcoming Events:

Date	Event	Organization
Now - November 28	Purchase Meat Raffle Tickets	American Legion Post 174
November 11-16	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
November 18	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174
November 21	Free Will Breakfast 6:30a-9a	American Legion Post 174

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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.





# Slow Cooker Stuffed Pepper Soup

Serves: 6

## Ingredients:

- 1 lb ground turkey, 93% lean/7% fat
- 1 cup chopped onion
- 1 tsp minced fresh garlic
- 28 oz can diced tomatoes with juice
- 6 oz can tomato paste
- 4 cups low sodium chicken broth
- 3 cups chopped green pepper
- $\frac{2}{3}$  cup uncooked rice (white or brown)
- 2 Tbsp brown sugar, packed
- 1 tsp dried basil
- $\frac{1}{4}$  tsp ground cinnamon
- Ground black pepper to taste

## Nutrition Facts:

	2 cups
	Calories 300
Total Fat 7g.....	11%
Saturated Fat 2g.....	10%
Cholesterol 55mg.....	18%
Sodium 540mg.....	23%
Total Carbohydrate 39g.....	13%
Dietary Fiber 5g.....	20%
Sugars.....	15g
Protein 21g.....	42%

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.

## Directions:

1. Wash hands for 20 seconds with soap and water.
2. In a large skillet, cook turkey, onion and garlic over medium heat until browned.
3. Drain any juices and transfer mixture to a slow cooker.
4. Add remaining ingredients and stir gently to mix.
5. Cook on low for 8-9 hours, adding more water if necessary.
6. Refrigerate leftovers within two hours

Source: [fruitsandveggies.org](http://fruitsandveggies.org)

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!*