



**Fresh
Produce
Bundle
\$15**

October 2024

Simply Produce

Produce Spotlight: CRANBERRIES

Cranberries can add color, refreshing taste, and nutrients to foods and beverages. Available in many convenient forms, from fresh or dried to juices and sauces, cranberries are an ingredient you can use throughout the year. You can add fresh cranberries to breakfast breads, toss dried cranberries into a salad, or mix up a refreshing beverage with one of the many forms of cranberry juice. Check out the following tips and information on buying, storing, and adding cranberries to a healthful eating plan in new and delicious ways.


SELECTION AND STORAGE TIPS:

Choose fresh cranberries that are full, plump, firm, and dark red or yellowish-red. Avoid cranberries that are soft, shriveled, or have brown spots. For freshness and quality, fresh cranberries should be consumed within two months if refrigerated from the date of purchase and 12 months if frozen from the date of purchase (sealed in an airtight container). Cranberries freeze well, either whole or sliced.

WHY SHOULD I EAT THIS?

Cranberries are fat-free, cholesterol-free, sodium-free, and a good source of Vitamin C and fiber. Cranberries are thought to provide health benefits because of their flavonoid and phytonutrient content. These naturally occurring compounds have antioxidant and antimicrobial benefits, including reducing the risk of urinary tract infections. They have also been shown to promote cardiovascular health by reducing low-density lipoprotein-oxidation (bad cholesterol), maintaining or improving high-density lipoprotein levels (good cholesterol), and improving vascular function.

HOW COULD I USE THIS?

Cranberries are versatile and can be combined with many other flavors. Try mixing cranberry juice with other juices such as apple, orange or grape. Dried cranberries can be added to nuts, trail mix, granola, oatmeal, or even chicken salad. Fresh or dried cranberries work well in quick breads such as muffins, sweet breads, and yeast breads. These berries also work well in pies, cobblers, chutneys, salsas, and relishes. 

Source: food.unl.edu

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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.**



Prolonging the Life of Bananas

Would you like to keep bananas from turning brown so fast once you bring them home from the store? Keep bananas a couple of days longer by storing them in the refrigerator after they've reached the desired degree of ripeness stored at room temperature. The outside will turn brown, but they will still be light-colored on the inside.

Another option is to buy bananas in varying degrees of ripeness so they don't all ripen at the same time.



Frozen banana slices work well in all types of smoothies and add extra thickness to the smoothie. One of the easiest ways to freeze banana slices is to:

- Gently rub bananas under cool running water and peel.
- Cut bananas into about ½ inches slices.
- Lay the slices in a single layer on a parchment- or plastic wrap-lined baking sheet (make sure the baking sheet fits in your freezer first!)
- Freeze for a couple of hours until the bananas are frozen solid. They will not darken during this time.
- Remove from baking sheet and place in freezer bags. Return to freezer. 🍓

Source: food.unl.edu

Living Well Wednesday - Fall 2024 Series

Living Well Wednesday kicked off on October 9 with “Who Gets Grandma's Yellow Pie Plate?” Webinars will continue in November and December, the second Wednesday of the month, with a focus on fall prevention and tips to downsize and declutter.

All webinars will be recorded and a link, along with supporting resources, will be included on the Living Well Website: <https://www.ksre.k-state.edu/fcs/livingwellwed/>.

Those who register will also receive a follow-up email with the link to the recorded presentation and the supporting resources.

November 13: Fall Proof Your Life: A Guide to Better Balance

Erin Martinez, PhD, Extension Adult Development and Aging Specialist, will help you discover practical tips and exercises to improve your balance, reduce risk of falls, and help you live a more independent and active life. Visit our website to learn more: <https://www.ksre.k-state.edu/fcs/livingwellwed/> and register for the free Living Well Wednesday webinar series at: bit.ly/3zvWWGQ

December 11: Simplify Your Space: A Guide to Downsizing and Decluttering

Do you need help to clear clutter in your home to create a more restful space? Carol Ann Crouch, Extension Family and Consumer Sciences Agent/District Director, will provide practical strategies to sort through your belongings and make informed decisions about what to keep with the goal of creating a more organized and peaceful living environment. Visit our website to learn more: <https://www.ksre.k-state.edu/fcs/livingwellwed/> and register for the free Living Well Wednesday webinar series at: bit.ly/3zvWWGQ 🍓



Mental Health Minute

“Think of resilience as a process of bouncing back -- of rising above adversity. And to do so ideally, with lessons that enable you to better handle the next bump in the road.”

The 7 C's of the resilience model gives insight into different strategies for building mental resilience. To learn more about each “C”, visit

<https://parentandteen.com/building-resilience-in-teens/> 🍓

Source: KSRE

THE 7 C'S OF RESILIENCE

- **Confidence:** believe in yourself
- **Competence:** possess a skillset
- **Connection:** engage in meaningful human connection
- **Character:** keep solid core values
- **Contribution:** have a sense of purpose
- **Coping:** have healthy coping strategies to get you through tough times
- **Control:** understand that your actions matter and are impactful

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Stress and
Resiliency Team

Source: <https://parentandteen.com/building-resilience-in-teens/>

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

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Midway District

Ordering/Distribution Dates

Watch local media or check with the store for additional dates!

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

Pick up Basket: 10/18/24 (Noon - 12:45pm)

Place Orders: 11/8 (8am) - 11/13/24 (Noon)

Pick up Basket: 11/15/24 (Noon - 12:45pm)

Place Orders: 12/13 (8am)-12/18/24(Noon)

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

Place Orders: 1/10/25 (8am)-1/15/25(Noon)

Pick up Basket: 1/17/25 (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.



Simple Chicken Pot Pie

Serves: 4

Ingredients:

- 1 lb. boneless, skinless chicken tenderloins (all visible fat discarded, cut into 1-inch cubes)
- 1 small Idaho potato (about 3/4 cup), peeled, cut into bite-size pieces
- 2 clove minced, fresh garlic
- **OR**
- 2 tsp. jarred, minced garlic
- 3/4 cup frozen peas (thawed)
- 1/2 small onion (chopped)
- 3/4 cup chopped carrots (about 2 small carrots)
- 1 cup fresh corn, cut off cob (about one ear)
- **OR**
- 8 oz. canned, no-salt-added corn
- 1/2 cup celery (about 2 stalks), chopped
- 1/2 cup low-sodium chicken broth
- 1/2 tsp. dried, salt-free Italian blend herbs
- 1/4 cup skim milk
- 1 1/2 cup fat-free, plain Greek yogurt
- 1 tsp. extra virgin olive oil
- 7.5 oz. canned, low-fat 10-count refrigerated buttermilk biscuits (try to look for whole wheat)
- Non-stick Cooking spray

Nutrition Facts

Calories	366
Total Fat	8.0 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polysaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Cholesterol	79 mg
Sodium	519 mg
Total Carbohydrate	37 g
Dietary Fiber	4 g
Sugars	12 g
Protein	38 g

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Preheat oven to 350° F.
3. Place chicken in medium saucepot and fill about halfway with water (enough to completely cover chicken). Bring to a boil, cover and reduce heat to a simmer and cook about 20 minutes. Remove from water, cool slightly and dice into bite size pieces cover and place in refrigerator. (Can be prepared a day ahead.)
4. In a medium saucepot, place potato pieces in cold water, turn heat on high and bring to a boil. Boil potatoes until fork tender, about 20 minutes. Remove from water and set aside.
5. Heat olive oil in a large saucepot, over medium low heat. Add garlic, peas, onion, carrots, corn, and celery. Cook, stirring frequently, for 5 minutes. Add chicken broth and herbs and continue cooking for 5-7 more minutes, until most of cooking liquid has been absorbed.
6. In a medium mixing bowl, stir together milk, yogurt, chicken and potatoes. Add yogurt mixture to hot vegetable mixture and remove from heat.
7. Keep biscuits cold until ready to use. Cut 5 biscuits into small 1/2 inch cubes.
8. Place mixture in a 9 x 9 baking dish coated with cooking spray. Scatter biscuit pieces, evenly spaced, over top of pot pie mixture.
9. Bake for about 20 minutes, or until biscuit dough is golden brown.

Source: recipes.heart.org

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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

785.472.4442



Thank you for shopping local!