

# Simply Produce

BUY **15** POUNDS of  
Produce  
FOR ONLY  
DOLLARS  
That's about half the retail price

## Food Safety Education Month—Food Thermometers

When cooking any meat, poultry, and egg products, a food thermometer is the best tool in your kitchen to determine if the food is done and safe for consumption.

What does “doneness” mean? It is when the food is cooked properly and has desirable sensory aspects of the food such as texture, appearance, and juiciness. These are subjective.

Safely cooked food is when pathogenic microorganisms, which can cause illness, are destroyed. The “doneness” temperature is the minimum internal temperature to destroy these harmful microorganisms. This temperature varies by food product. The food thermometer is the best tool to measure temperature accurately. It can also help keep from overcooking the food.

Using color to determine “doneness” is not reliable. Research has shown that using meat color is unpredictable. Hamburger patties may be brown in the middle, yet the temperature has not reached the 160°F minimum temperature. Also, the patty may be pink in the middle, yet the temperature has reached the 160°F temperature.

Remember these three temperatures:

- 145°F for steaks, roasts, chops, fish
- 160°F for ground meat; egg recipes
- 165°F for all poultry; reheating leftovers; casseroles 🍓

Source: USDA FSIS Kitchen Thermometers and Safe Minimum Internal Temperature Chart



**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.**





## Stay Strong, Stay Healthy in Lucas

Stay Strong, Stay Healthy is your ticket to better health. Our bodies are made for activity, but modern conveniences allow us to be increasingly inactive. Physical inactivity can place our health at risk for many chronic diseases.

Here's the good news! We have something fun planned to get you up and moving: the Stay Strong, Stay Healthy program in Lucas!

This eight-week program can help you get started on the road to better health. The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve balance, health, and state of mind. No, it's not difficult or complicated weight-lifting. You'll start at a level that's right for you. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over 60. Instruction is provided by Midway District FCS Agent Jessica Kootz.

The class meets for one hour, two times each week at the Lucas Community Center from 10am to 11am. Pre-registration is required. The fee is \$20.00. To register, contact the Ellsworth Office at 785.472.4442 or email Jessica at [jessicak@ksu.edu](mailto:jessicak@ksu.edu).

Stay Strong,  
Stay Healthy



Week 1: Tues., Oct. 25 & Thurs., Oct. 27	Week 2: Tues., Nov. 1 & Thurs., Nov. 3
Week 3: Mon., Nov. 7 & Thurs., Nov. 10	Week 4: Tues., Nov. 15 & Thurs., Nov. 17
Week 5: Mon., Nov. 21 & Wed., Nov. 23 (Thanksgiving week)	
Week 6: Tues., Nov. 29 & Thurs., Dec. 1	Week 7: Tues., Dec. 6 & Thurs., Dec. 8
Week 8: Tues., Dec. 13 & Thurs., Dec. 15	

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: 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.

Simply Produce  
Ellsworth County

Buy **15** Pounds of Produce  
for only **Dollars!**  
(That's about half the retail price!)

How it works?

Order a produce basket for only \$15 (plus tax) at Gene's Heartland Foods (745 O'Donnell; 785.472.4111)!



Pick up your basket at the American Legion Post 174 (645 W 15th St.) on the third Friday of the month from NOON-12:45pm.



Each basket will include recipes featuring basket items and other sale items in store!



For more information contact Jessica Kootz at Midway Extension District, 785.472.4442 or by email at [jessicak@ksu.edu](mailto:jessicak@ksu.edu)



# Upcoming Events:

Date	Event	Organization
September 22	Medicare Basics Conversation 11:30-NOON at Ellsworth Senior Center	Midway Extension District
September 19	Free Will Breakfast 6:30a-9a	American Legion Post 174
October 14 - 19	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
October 15	Craft Show & Hamburger Feed 10a-5p	American Legion Post 174
October 17	Free Will Breakfast 6:30a-9a	American Legion Post 174
October 21	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174

## Foods that Do Not Freeze Well

Gardens are bursting with bountiful produce this time of year. While many fruits and vegetables can be frozen, there are some that do not freeze well.

This is due to the high water content within the produce. Some produce that does not freeze well include cucumbers, lettuce, radishes, parsley, celery, and raw cabbage. They will become limp, watery, and develop an oxidized color, aroma and flavor. In some herbs and seasonings, the flavors may become strong and bitter. Irish potatoes, baked or boiled, tend to become watery and mealy in texture. If cucumbers or cabbage is pickled or marinated and then frozen, they can be frozen in that form. It is best to use them partially frozen to help retain some texture.

Some other foods that do not freeze well include cooked eggs, sour cream, custards, and mayonnaise or salad dressing.

Learn more at the National Center for Home Food Preservation. 🍓





# Zara's Zesty Taco Salad

Serves: 12

## Ingredients:

- 1 pound lean ground beef
- 1½ cups uncooked instant brown rice
- 2 cups water
- 1 cup onion, chopped (about 1 medium)
- 1 tablespoon chili powder
- ½ teaspoon red pepper
- 3 cups tomatoes, chopped
- 1 seeded jalapeño, chopped finely
- 2 cups lettuce
- 1 cup low fat shredded cheese

## Directions:

1. Wash hands for 20 seconds with soap and water.
2. Cook ground meat in a large skillet until brown (160° F).  
Drain off fat. Rinse meat with warm water to remove more fat.
3. Add rice, water, onion, red pepper and chili powder to meat in skillet.
4. Cover. Simmer over low heat about 15 minutes to cook rice.
5. Add tomatoes and jalapeño. Heat for 2 to 3 minutes.
6. Place zesty rice on lettuce and sprinkle with 1/8 cup shredded cheese.
7. Optional; tortilla chips, salsa, sour cream. Adding optional items will change nutritional value
8. Refrigerate leftovers within two hours



## Nutrition Facts:

Each 1 cup serving provides:

140 Calories,  
25 Calories from Fat,  
3g Total Fat,  
1g Saturated Fat,  
0g Trans Fat,  
100mg Sodium,  
15g Total Carbohydrates,  
3g Dietary Fiber,  
13g protein,  
3g Sugar  
8% Calcium,  
8% Iron  
*Source: KSRE*

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!*