

September 2024

Simply Produce

**Fresh
Produce
Bundle
\$15**

September is National Suicide Prevention Month

September is Suicide Prevention Month. K-State Research and Extension professionals across the state are urging people to take part in raising awareness and spreading information and resources.

Suicide is an alarming health crisis across America and an ongoing issue in Kansas. According to the Centers for Disease Control and Prevention (CDC), suicide is the second-leading cause of death in the United States among individuals aged 10-14 and 25-34, and it is the 12th leading cause of death overall.

Many myths surround suicide, such as the belief that it cannot be prevented. This myth is false. Many suicides can be prevented through asking questions, open conversations, proper mental health treatment, and reducing access to fatal means. In challenging myths like this one, we set the stage to look at the signs and symptoms of suicide, a critical part of suicide prevention.

Paying attention to the warning signs of suicide is the first step in saving lives. A few warning signs include, but are not limited to, isolation from others, engaging in risky activities, changes in sleeping or eating habits, giving away personal items for no reason, and talking about not wanting to be alive. Upon noticing warning signs, early intervention and support are needed. When in doubt, though, call 911.

For more information on mental health and suicide prevention resources, contact Jessica Kootz, Midway Extension District FCS Agent.

Source: KSRE & [mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org)



If you or someone you know
needs support now,
call or text **988**
or
chat 988lifeline.org



PEP22-06-03-002

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Ellsworth
County
increases access
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Call Gene's
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Produce Spotlight: POMEGRANATE

Most of us are familiar with pomegranate juice sold in the grocery store where the work of extracting the juice has been done for you. But it's the time of year when pomegranates are in season, so their price is low.

The edible portion of the fruit includes the seeds and the juice filled sacks (arils) that cover them. They can be used as a garnish in fruit cups, salads, desserts, and as a snack. The juice is used to make jellies, puddings, desserts, and drinks. Grenadine is made from pomegranate.

HOW TO BUY:

When ripe, the outer skin of the pomegranate becomes soft and can be scratched under gentle pressure. The shape changes with the sides becoming slightly squared; it will look flat on the sides. Pomegranate color ripens to a deep red shade on the outside. Before ripening, the skin is hard, tight, and cannot be easily scratched. Unripe pomegranate fruit is round in shape, much like an apple. Once a pomegranate is picked, it stops ripening but will develop more flavor in storage. Select pomegranates that are heavy for their size, with taut, glossy, unbroken skin. Avoid pomegranates with blemished skin.

STORAGE TIPS

Pomegranate keeping quality is similar to that of apples. Unwashed, whole fruit can be stored in a resealable plastic bag in the refrigerator for as long as 2 months, or in a cool, dry, well-ventilated place, out of direct sunlight for up to 1 month. Fresh seeds or juice will keep in the refrigerator for up to 5 days.

Seeds can be frozen for later use. To freeze, spread the seeds on a wax paper lined baking sheet in a single layer. Place in the freezer for no more than 2 hours, then transfer to an airtight container for storage. Frozen arils can be kept in an airtight container in the freezer for up to 3 months.

HOW TO REMOVE THE SEEDS

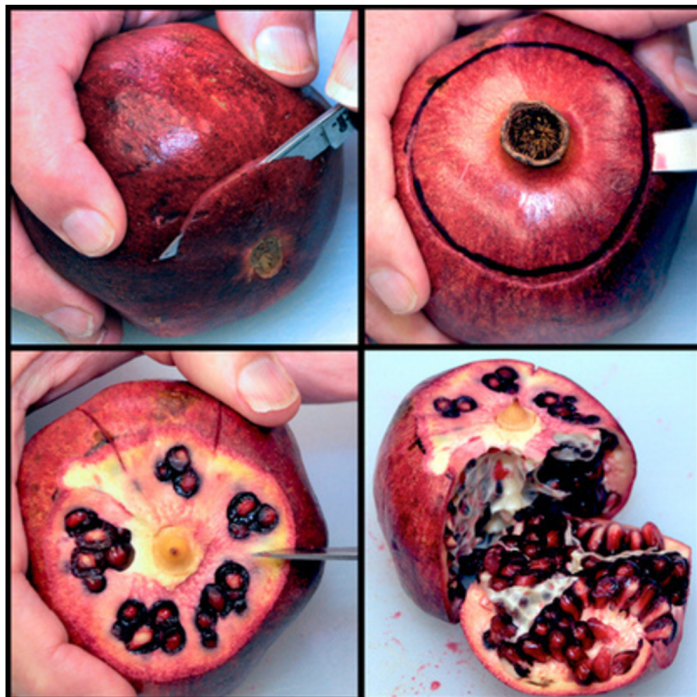
Rinse pomegranates thoroughly before preparing. Slice off a piece of the skin on the stem end to create a flat surface (upper left).

Ring the blossom end to remove a "cap" of the skin and expose the interior of the fruit (upper right).

Make shallow cuts from the top to the bottom, without cutting through the pomegranate, along each side of the segments (lower left).

Immerse in a bowl of water for 5 minutes (not shown). Hold under water and pull the fruit apart (lower right) to expose the seeds, which are then easily removed from the supporting tissue. The seeds will sink to the bottom of the bowl, but the rind and membrane will float. The membrane is edible and can be kept or discarded along with the rind.

Pour seeds into a fine strainer, drain, and pat dry. (Pulling apart under water is not necessary, but does avoid the pomegranate spraying you with juice when prying the seeds from the membrane.)



Source: KSRE & University of Florida



Every Time You Eat, Have A Plant® For Your Mood

September is National Fruits and Veggies Month! The 2024 theme, Every Time You Eat, Have A Plant® highlights hacks, flavor and fun! Every time you eat, have a plant for your health, your mood, and simply for enjoyment.

- Mental health is just as important as physical health. Eating delicious fruits and veggies can boost your health AND your mood!
- There is joy in the sweet-tasting eating experience of fruit, and smart satisfaction associated with the success of preparing vegetables.
- Eating more fruits and vegetables can help you have a more positive outlook on life and feel confident and proud that you are making the best food decisions.
- There's lots of science behind it all, and it boils down to this: if you're human, your body and mind benefit from eating fruits and vegetables, resulting in better health and a better mood. 🍓

#PRODUCEHACK

Ripen pears, peaches, plums and avocados on the counter until they start to soften then put in the fridge until ready to enjoy.



Source: fruitsandveggies.org

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

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: 10/11 (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.



Fall Fruit Compote

Serves: 8 | Serving Size: 1 Cup

Ingredients:

- 3 medium pears
- 2 medium apples
- 1 cup seedless grapes
- 1 cup raisins
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1¼ cups apple juice or cider
- ¼ cup water
- 2 Tablespoons cornstarch

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Rinse pears, apples, and grapes. Do not peel fruit.
3. Remove core from pears and apples. Cut fruit into 1-inch pieces.
4. In a medium pot, add pears, apples, grapes, raisins, cinnamon, and nutmeg.
5. Add apple juice and water to pot to barely cover the fruit.
6. Bring fruit and juice to a boil. Reduce heat and simmer for 10–15 minutes. Remove from heat.
7. In a colander, strain the fruit over a small bowl, reserving the liquid.
8. Return the liquid to the pot. Add cornstarch. Cook on low to thicken slightly. Remove from stove and let cool.
9. Pour thickened juice mixture over fruit and stir. Cool and serve right away. Or, store in an air-tight container for up to 1 week.



Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 8

Amount Per Serving

Calories 160 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 43g **16%**

Dietary Fiber 4g **14%**

Sugars 30g

Protein 1g

Vitamin A 2% • Vitamin C 10%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: cookingmatters.org

Simply Produce

Simply Produce Ellsworth County brought to you by:

Ellsworth County Medical Center

785.472.3111



Gene's Heartland Foods, Ellsworth

785.472.4111



Grow Ellsworth County

785.472.9204



Midway Extension District

785.472.4442



Thank you for shopping local!