May 2024

Simply Produce

Fresh Produce Bundle $15

Produce Spotlight: CUCUMBERS

Cucumbers originated in India thousands of years ago. Cucumbers come in several varieties which can be used for different purposes. Some varieties are usually pickled while others are eaten raw.

WHY SHOULD I EAT THIS?

Cucumbers contain water to help keep you hydrated. Cucumbers also have fiber, which helps maintain bowel function. Potassium is a mineral found in cucumbers which helps regulate fluid balance and muscle contractions. Vitamin C is in cucumbers, which helps heal cuts and wounds.

SELECTION AND STORAGE TIPS:

Choose firm cucumbers with a dark green color. Avoid if there is a bulge in the middle of the cucumber or if there are soft spots.

Store unwashed cucumbers in a plastic bag in the refrigerator for up to one week.

HOW COULD I USE THIS?

- Add to a sandwich or whole wheat wrap
- Try cucumbers on a salad
- Use cucumbers in a gazpacho
- Add cucumbers to a coleslaw
- Make your own tzatziki dip
- Add to a quinoa, brown rice or whole grain pasta salad
- Cut into slices or sticks and dip into hummus

Source: food.unl.edu

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.
Outdoor Food Safety for Picnics and BBqs

Food safety is a huge part of keeping your summer fun and healthy. Warm weather events like picnics and barbecues present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical.

From the refrigerator/freezer to the picnic table, keep cold foods cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.

Cook food thoroughly. When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly. For meat, there are three temperatures that consumers should store to memory:

- 145° Fahrenheit for steaks, roasts, chops, fish, and other whole cuts of meat
- 160° F for ground meat, including beef, pork, and lamb
- 165° F for all types of poultry

Keep “ready” food hot. Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the “Danger Zone” — between 40 °F and 140 °F — for more than 2 hours, or 1 hour if outdoor temperatures are above 90 °F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.

Source: KSRE

May is Mental Health Awareness Month

Mental health is our psychological, emotional, and social well-being. It impacts every part of our lives including our thoughts and behaviors.

Mental health can change over time. Many things can impact a person’s mental health including excess stress, limited resources, or lack of support.

Millions of Americans are currently living with at least one mental health condition.

Untreated mental conditions can have serious consequences such as: substance abuse, unemployment, homelessness, poor quality of life, suicide, unnecessary disability, or incarceration.

The most common treatment for mental health conditions is a combination of therapy and prescription medication.

Talk to a mental health professional if you believe you may be living with an untreated mental condition.

You play a role in your family’s mental health. Be their support.

Mental health is for everyone, and everyone deserves mental health support when they need it.

Learn more at FindSupport.gov.
Swap It Out

Eating away from home and on the go can be challenging. With a little planning, you can save money and make healthier choices if you take lunch and snacks to work or events. Think about what you typically eat, then identify a couple of healthy “swaps” you can make, like these listed below.

» Fruit infused water or unsweetened iced tea for soda.
» Hummus instead of ranch dressing for dipping veggies.
» English muffin instead of a donut.
» Fruit crisps instead of chips (look for dehydrated or air-dried fruit crisps with no added sugar).
» Whole fruit instead of fruit juice or canned fruit in heavy syrup.
» Whole grain bread instead of a croissant.
» Roasted chicken and tuna (packed in water) instead of deli meat.
» Olive oil mayo instead of regular mayonnaise.
» Baked potato instead of cheesy potato casserole or french fries.
» Replace mayonnaise in salads with olive oil and vinegar.
» Replace the candy bowl at work with fresh fruit or snack-sized/individually packaged almonds or trail mix.
» Enjoy whole-grain popcorn, air-popped topped with sea salt or garlic powder.

Source: KSRE

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: 5/10 (8am) - 5/15/24 (Noon) | Place Orders: 6/14 (8am) - 6/19/24 (Noon) |
| Place Orders: 7/11 (8am) - 7/17/24 (Noon) | Place Orders: 8/8 (8am) - 8/14/24 (Noon) |
| Pick up Basket: 5/17/24 (Noon - 12:45pm) | Pick up Basket: 6/21/24 (Noon - 12:45pm) |
| Pick up Basket: 7/19/24 (Noon - 12:45pm) | Pick up Basket: 8/16/24 (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.
Mushroom Beef Burgers
Serves: 8 | Serving Size: 1 Patty

Ingredients:
- 2 pounds (approximately 10 cups) mushrooms – white, shiitake, crimini or a combination
- 2 pounds lean ground beef
- ½ cup finely chopped onion
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 egg whites

Directions:
1. Wash hands for 20 seconds with soap and water.
2. Chop the mushrooms into small pieces. This can be done in a food processor. You want them small but not a paste.
3. Cook the mushrooms in a skillet or wok over medium-high heat until no more moisture remains. Approximately 6 minutes.
4. Cool the mushrooms for 30 minutes off the heat. You can put them in the refrigerator for 15 minutes.
5. Combine the remaining ingredients in a large bowl, and then add the mushrooms.
6. Form into 8 patties. Refrigerate for an hour or overnight.
7. Cook the burgers in a skillet with vegetable oil over medium-high heat, or grill them over medium-high heat, approximately 5-6 minutes on each side. Cook to an internal temperature of at least 160°F.
8. Refrigerate any leftovers within 2 hours of serving.
9. Consume or throw out food within 4 days of preparation.

Nutrition Information per Serving:
- Serving Size: 1 patty
- Vegetables: 1¼ cups
- Fruits: 0 cups
- Calories: 143 calories
- Carbohydrates: 4 grams
- Fiber: 1 gram
- Protein: 18 grams
- Fat: 6 grams
- Sodium: 538 mg

Source: medinsteadofmeds.com

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!