

April 2025

Simply Produce

**Fresh
Produce
Bundle
\$15**

Produce Spotlight: POTATOES

Potatoes are root vegetables that grow in the ground. Potatoes can be white, yellow, red or even purple. There are a variety of potatoes including Russet, yellow, red, Yukon gold and German butterball.

WHY SHOULD I EAT THIS?

Potatoes are a good source of potassium, which helps with muscle movements and keeps your heart healthy. They also contain vitamin C, which helps heal cuts and wounds and supports our immune system.

SELECTION AND STORAGE TIPS:

Choose firm potatoes with smooth skin. Avoid potatoes with splits, mold, sprouts, soft spots, bad smell or a green color.

Store unwashed potatoes in a cool, dark, and well-ventilated place. Use within 3-5 weeks. If potatoes have dirt on them, wipe off with a clean dry towel before storing.

HOW COULD I USE THIS?

- Boil, bake, roast, microwave, fry, or grill potatoes
- Use in a casserole
- Thinly slice potatoes and bake in the oven to make homemade potato chips
- Make potato salad
- Shred to make hash browns
- Use potatoes to make gnocchi
- Make mashed potatoes
- Bake and top with various toppings
- Add to soups or stews 🍷

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
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K-State Cancer Research in Lincoln, Russell, and Ellsworth counties

WHY HERE?

Lincoln County has the highest prostate cancer rate and the 3rd highest lung and bronchus cancer rate across the state and Russell County has the 4th highest cancer mortality rate per 100,000 population. Common explanations of these cancers, such as limited colon cancer screening, and high alcohol and tobacco use, do not seem to be the culprits in this case; hence, a closer investigation into potential causes of cancer in Lincoln and Russell Counties is essential. Kansas State University's main goal is to gather data to inform the population about potential cancer risks, minimize the cancer incidence and improve life quality.

HOW DID WE TACKLE THIS ISSUE?

Last year we collected groundwater from domestic wells and measured the radon concentration in the residences to see if groundwater contamination and high radon levels were at the center of the problem. We also collected cancer data from the residents in those households and cross-checked all this data with land-use information.

WHY ARE WE BACK?

We have already sent the results of the water analyses and radon tests for the residents, but now we would like to share the results of the project with the community.

A town hall style meeting about the results of this cancer research project will be held on the following dates. Attend at any of these locations.

- May 19: Noon, American Legion Post 174, 645 W 15th St., Ellsworth, KS, 67439
- May 19: 6:00pm, Lincoln, Finch Theatre meeting room
- May 20: Noon, Dole-Specter Conference Center, 1430 S. Fossil St., Russell, KS, 67665

A light meal will be served at each location.

FOR MORE INFORMATION CONTACT YOUR LOCAL EXTENSION OFFICE:

- Midway District: Jessica Kootz, 785.472.4442, jessicak@ksu.edu
- Post Rock District: Jamie Rathbun, 785.524.4432, jrathbun@ksu.edu 🍓

How to Store Tomatoes

Don't give tomatoes the cold shoulder. Store them at room temperature (above 55 °F) until they have fully ripened. This will allow them to ripen properly and develop good flavor and aroma. A ripe tomato is red or reddish orange, depending on variety, and yields to slight pressure.

The Florida Tomato Committee recommends storing tomatoes with their stem end up. According to the Tomato Committee, "The shoulders are the softest part of the tomato; leaving them stem-side down will almost always result in bruising of the product."

"Try to store tomatoes out of direct sunlight, because sunlight will cause them to ripen unevenly," advises the U.S. Department of Agriculture. "If you must store them for a longer period of time, place them in the refrigerator. Serve tomatoes at room temperature." 🍓

Source: food.unl.edu





Mental Health Minute: Stress Awareness Month

April is recognized as National Stress Awareness Month. Stress can come from anywhere and usually has a negative impact on one's health. Knowing how to manage stress can improve your mental and physical well-being.

The National Institutes of Health provides these tips to manage stress and build resilience:

- 1) Recognize and counter signs of stress.
- 2) Take time for yourself.
- 3) Try new routines.
- 4) Stay connected and make new friends.
- 5) See problems through a different lens.
- 6) Seek help with problems.
- 7) Talk to a health professional if stress is affecting your well-being, you feel you cannot manage the stress you're experiencing, or stress has caused you to engage in or increase substance use.

For detailed descriptions of these steps, please visit www.orwh.od.nih.gov. 🍓

Source: nih.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: 04/11/25 (8am)-04/16/25(Noo

Pick up Basket: 04/18/25 (Noon - 12:45pm)

Place Orders: 05/09/25 (8am)-05/14/25(Noo

Pick up Basket: 05/16/25 (Noon - 12:45pm)

Place Orders: 06/13/25 (8am)-06/18/25(Noo

Pick up Basket: 06/20/25 (Noon - 12:45pm)

Place Orders: 07/11/25 (8am)-07/16/25(Noo

Pick up Basket: 07/18/25 (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.



Tasty Taco Rice Salad

Serves: 8

Serving Size: 1 1/2 Cups

Ingredients:

- 1 pound lean ground beef
- 1 1/2 cups instant brown rice, uncooked
- 2 cups water
- 1 cup onion, chopped (about 1 medium)
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeño (chopped finely)
- 2 cups spinach or romaine lettuce
- 1 cup 2% fat cheese, shredded

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 the grease.*
3. Add rice, water, onion, 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 2-3 minutes.
6. Place layers of spinach or romaine lettuce, rice mixture, and cheese on plates. Serve at once.
7. Refrigerate any leftovers within 2 hours. Consume within 4 days.

Tips:

*Do not pour grease down the drain. Let grease harden, then put it in the trash.

2 cans (14.5 ounce) Mexican style tomatoes can be used instead of fresh tomatoes and jalapeño. This will increase the sodium.

Source: Source: Spend Smart. Eat Smart.



Nutrition Facts

8 Servings Per Recipe

Serving Size: 1 1/2 cups

Amount Per Serving

Calories 230

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 190mg	8%
Total Carbohydrates 20g	7%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 192mg	15%
Iron 2mg	10%
Potassium 470mg	10%

* 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.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

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!