

# Simply Produce

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

## Healthy Body, Healthy Mind

Research has shown that what is good for your heart is also good for your brain. What we eat, how much we move, how well we sleep, and how we manage stress affects nearly every aspect of our well-being, including physical and mental health.

It is common to think that health and longevity are genetic traits. While genes do determine 20 to 25% of our overall health quality, lifestyle habits and the environment have a much greater influence on how well or long we live. While some benefits of a healthy lifestyle won't be realized for weeks or months, you will probably feel better immediately after a walk or other physical activity.

Exercise increases brain chemicals associated with feeling happy, feeling less anxiety and stress, and even less physical pain. Getting more movement can also help some people relieve feelings of depression.

Other positive lifestyle habits will bring results quickly. Eating well and getting good rest will pay immediate dividends on your mental outlook and energy level. 🍓

## How Long Do Eggs Last?

Keep eggs in the original carton in the refrigerator,  
not in the fridge door.

Eggs will last 3 weeks after the sell-by date.

Did you know that eggs can be frozen? They can!

<https://go.unl.edu/freezingeggs>



#UNLFoodSafety

For More Information:  
<https://go.unl.edu/eggchart>  
Source: USDA FSIS

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.**





# WE'RE HIRING!

Full-time SNAP-Ed Nutrition Educator to serve Northwest KS

Screening begins immediately and will continue until the position is filled.

**K-STATE**  
Research and Extension

Kansas State University is an equal opportunity employer.

[www.ksre.k-state.edu/jobs](http://www.ksre.k-state.edu/jobs)



## Open Nutrition Educator Position

K-State Research & Extension is hiring a full-time Nutrition Educator to serve the communities in Barton, Ellis, Ellsworth, and Russell counties.

Office location is flexible within the service area with primary office location in Great Bend or Hays. Preferred candidates will have a passion for community health, working with diverse audiences and making a difference in the lives Kansans.

See [www.ksre.ksu.edu/jobs](http://www.ksre.ksu.edu/jobs) for responsibilities, qualifications, and application procedure. Screening begins immediately.

K-State Research and Extension is an EOE of individuals with disabilities and protected veterans. Background check required. This position offers generous benefits package, paid vacation, and sick leave. Contact Janelle VanKooten ([janellev@ksu.edu](mailto:janellev@ksu.edu)) for more information. 🍓

## 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)

## 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: 4/8/22 (8am) - 4/13 (Noon)	Pick up Basket: 4/15/22 (Noon - 12:45pm)
Place Orders: 5/13/22 (8am) - 5/18 (Noon)	Pick up Basket: 5/20/22 (Noon - 12:45pm)
Place Orders: 6/10/22 (8am) - 6/15 (Noon)	Pick up Basket: 6/17/22 (Noon - 12:45pm)
Place Orders: 7/8/22 (8am) - 7/13 (Noon)	Pick up Basket: 7/15/22 (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.



# Upcoming Events:

Date	Event	Organization
May 13-18	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
May 16	Monthly Breakfast (Free Will Donation) 6a-10a	American Legion Post 174
May 20	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174

## Turn Over a New Leaf

We are learning about the MIND diet during Walk Kansas 2022. One of the most important components of the MIND diet is leafy green vegetables. They are rich in nutrients known to be protective of cognition and brain function, including folate, vitamin E, lutein, and beta carotene. Research shows that eating one serving of leafy greens per day can make a significant impact on brain health.

Foods included in the superfood category of leafy greens include spinach, kale, mustard greens, collard greens, Swiss and rainbow chard, turnip and beet greens, Napa cabbage, bok choy, watercress, arugula, romaine lettuce, microgreens, and spring mix. One serving is 2 cups raw or 1 cup cooked greens.

What is folate? It is a B vitamin that is naturally found in food. Foods high in folate include edamame, lentils, leafy green vegetables, peas, broccoli, asparagus, and black beans. Folate is not made by the body, and it is an essential nutrient that you must get from food sources. It is needed to make DNA and other genetic material and it helps cells divide. Don't be confused by the terms folate and folic acid. They have the same effects. Folate is the natural version found in foods, while folic acid is the man-made version found in supplements and added to foods. Both play an important role in health, but you cannot eat too much folate from food sources, so it's healthy to "veg up!"

Vitamin E is a nutrient that is important to vision, reproduction, health of your blood and skin, and especially brain health. This nutrient has strong antioxidant properties, which means it protects your cells against damage by free radicals. These are molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation. Foods rich in fat-soluble vitamin E include canola and olive oil, leafy greens, almonds, peanuts, sunflower seeds, wheat germ, avocados, salmon, and red bell peppers. When nutrition professionals talk about healthy fats, vitamin E is front and center.

Lutein and beta carotene are powerful antioxidants as well. These nutrients are often associated with eye health and vision. They also support brain health, and sources include yellow, orange, and green leafy fruits and vegetables. There are so many ways to enjoy leafy green vegetables! Use your creativity and change it up with fruits, nuts, fresh herbs, other veggies (including leftover roasted veggies,) a bit of cheese, and a light salad dressing. 🍓





# Skillet Zucchini Creole

Source: [fruitsandveggies.org](http://fruitsandveggies.org)

Servings: 7

## Ingredients:

- 1 Tbsp water
- 4 cups zucchini, washed and sliced
- 1 cup onion, sliced
- 2 tomatoes, washed and sliced
- 1 green pepper, washed and sliced
- 1/8 tsp pepper

## Directions:

1. Wash hands for 20 seconds with soap and water.
2. Wash and slice vegetables.
3. Heat water in frying pan over medium heat. Add zucchini, onion, tomatoes, green pepper, and spices. Stir.
4. Cook covered for about ten minutes until tender. Serve.
5. Refrigerate leftovers.

## Nutrition Facts

Calories 33

Calories from Fat 11

Total Fat 0g	0%
Saturated Fat 0g	0%
Sodium 9mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Protein 2g	4%

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.

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 District

Midway Extension District  
785.472.4442

*Thank you for shopping local!*