



Simply Produce

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

Storing Fresh Produce

Eating fresh produce is always a treat!

Here are a few tips on maintaining their quality and safety until you are ready to eat them.

Storage location	Fruits and melons	Vegetables
Store in refrigerator (<40F)	Apples (>7 days) Apricots Berries Cherries Cut fruits Grapes	Herbs Mushrooms Green beans Beets Broccoli Cabbage Carrots Cauliflower Cut veggies Leafy greens Summer squash Sweet corn
Ripen on the counter, then store in refrigerator	Peaches, Pears	
Store at room temperature	Apples (<7 days) Citrus fruits Watermelon Bananas Muskmelon	Basil (in water) Cucumbers + Dry onions* Eggplant + Garlic* Peppers + Potatoes * Pumpkins Sweet potatoes* Tomatoes Winter Squash
+ Cucumbers, eggplant and peppers can be kept refrigerated for 1 to 3 days if they are used soon after removal from the refrigerator *Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.		

Further tips:

- Once any produce is cut or peeled, it must be stored in the refrigerator for safety
- Refrigerated fruits and vegetables should be stored in moisture-proof bags with a few holes in them to retain moisture but also to allow air circulation and prevent condensation.
- Wash all whole produce under running water just before preparation for eating.
 - o No need to use soap or produce washes- clean running water is enough
 - o Wash even if peeling the produce so you don't transfer "dirt" from outside to the inside
 - o Use a clean scrub brush to wash produce such as potatoes and melons. 🍓

References:

Storing Fresh Vegetables for Better Taste. 2012. University of California Davis Post Harvest Technology Program.

Prepared by: Londa Nwadike, PhD, Kansas State University/ University of Missouri Extension Consumer Food Safety Specialist

**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.**



Walk Kansas 2022

The annual Walk Kansas program from K-State Research and Extension starts March 27th and goes through May 21st. Midway Extension District is planning now to offer this program to you! Walk Kansas is a team-based health initiative. Teams can be family, co-workers, friends, community organization members, neighbors, or part of a faith-based community.

- Groups of six form a team.
- One serves as the captain.
- Team members do not have to live in the same town, county, state or country.

Contact Family and Consumer Sciences Agent Jessica Kootz for more information.

jessicak@ksu.edu | 785.472.4442 🍓



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

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: 3/11/22 (8am) - 3/16 (Noon)	Pick up Basket: 3/18/22 (Noon - 12:45pm)
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)

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.



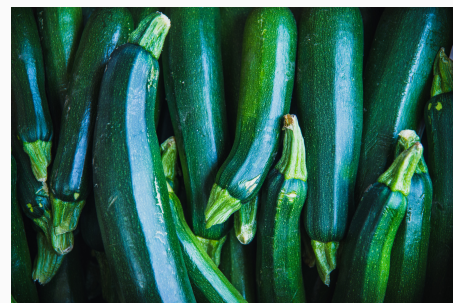
Upcoming Events:

Date	Event	Organization
February 21	Monthly Breakfast (Free Will Donation) 6a-10a	American Legion Post 174
March 11-16	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
March 12	Nutfry 5p	Legion Riders
March 18	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174
March 21	Monthly Breakfast (Free Will Donation) 6a-10a	American Legion Post 174
April 8-13	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
April 15	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174

Add Some Green Each Day!

Spring is coming! So add some green color to your meals to add nutrition and to enjoy the fresh green color. Here's some ideas!

- Sliced green apples dipped in yogurt or peanut butter.
- Crunchy celery and cucumbers with savory hummus.
- Try Zoats! Zucchini in oatmeal for breakfast.
- Broccoli and cheese is always a classic side dish.
- Fresh spinach in scrambled eggs or a veggie omelet is an easy way to add green and vitamin A. 🍅





Mexican Frittata

Servings: 4 Wedges

Ingredients:

- 2 1/2 small zucchini (about 1/2 pound)
- 1/2 medium green bell pepper, seeded and chopped (about 1/2 cup)
- 1 medium onion, chopped (about 1 cup)
- 2 cloves garlic
- 1 teaspoon oil (canola or vegetable)
- 6 large eggs, beaten
- 1/2 cup mozzarella cheese, shredded
- 1/4 cup Parmesan cheese (shredded or grated)
- 1/4 teaspoon ground black pepper

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Wash zucchini. Trim and discard the ends. Cut each zucchini into 4 strips, then cut into 1/4" pieces. Combine the zucchini, bell pepper, onion, garlic, and hot pepper (if desired) in a bowl.
3. Heat the oil in a skillet over medium heat. Add vegetables and cook until the zucchini is crisp tender (about 4 minutes). Stir frequently while cooking.
4. Stir the eggs, mozzarella, and Parmesan together in a bowl while the vegetables cook.
5. Shake the skillet to distribute the vegetables evenly. Pour egg mixture over vegetables and shake skillet again to help distribute the egg mixture. Put lid on pan and cook 5-7 minutes. Cook until the egg on top is solid. Sprinkle with black pepper.
6. Loosen edges of frittata with spatula to serve. Cut into 4 wedges. Serve immediately.

Nutrition Facts	
4 Servings Per Container	
Serving Size: 1 wedge	
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 290mg	97%
Sodium 300mg	12%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	8%
Total Sugars 4g	
Added Sugars	NA*
Protein 16g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 27mg	0%

* 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.

Source: Spend Smart Eat Smart

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!