

Simply Produce

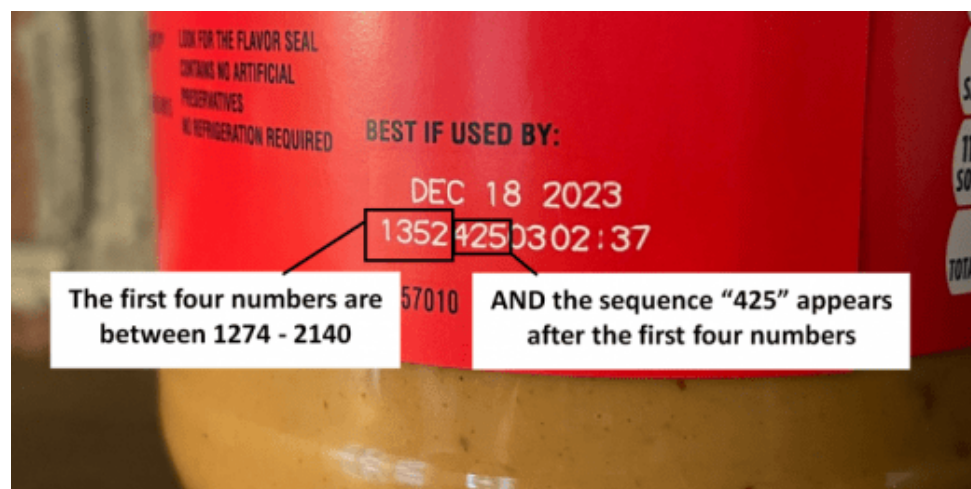
BUY **15** POUNDS of
Produce
FOR ONLY
DOLLARS
That's about half the retail price

Check Your Pantry for Recalled Peanut Butter

County fair season is here! Bakers are studying their recipes to choose a favorite recipe to enter into baking competitions. If you choose a recipe containing peanut butter, that's great! But search your pantry for any Jif brand peanut butter that has been recently recalled.

While baking and cooking food does help destroy bacteria, in the case of a recalled food, you don't know if your product is contaminated and how much contamination may be present. The heat from baking or cooking may not kill it all. Peanut butter is popular in no-bake cookies and peanut butter icing. Because these are typically not heated or have minimal heating, this can lead to foodborne illness. You don't want the foods judge to get sick! The picture below shows how to identify the recalled Jif products. For more information see the Food and Drug Administration announcement.

For a list of exact products included in the recall, see the Food and Drug Administration public service announcement. 🍓



Look for the first four numbers between 1274-2140. The next three numbers should be 425. Photo: FDA

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.



Food Safety While Eating Outdoors

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also 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.

- Keep cold food 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.
- Organize cooler contents. Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.
- Keep coolers closed: Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- Don't cross-contaminate. Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables. 🍓

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: 7/8/22 (8am) - 7/13 (Noon)	Pick up Basket: 7/15/22 (Noon - 12:45pm)
Place Orders: 8/12/22 (8am) - 8/17 (Noon)	Pick up Basket: 8/19/22 (Noon - 12:45pm)
Place Orders: 9/9/22 (8am) - 9/14 (Noon)	Pick up Basket: 9/16/22 (Noon - 12:45pm)
Place Orders: 10/14/22(8am) - 10/19(Noon)	Pick up Basket: 10/21/22 (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
July 8 - 13	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
July 11 - 15	Camp Invention	Ellsworth County Economic Development
July 15	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174
July 16 - 21	Ellsworth County Fair	Ellsworth County Fair Association & Midway Extension District
July 17; 25 - 29	Russell County Free Fair	Russell Fair Board & Midway Extension District

Camp Invention

Spark your kid's creativity and build their confidence at Camp Invention®! Ellsworth County is hosting a week of fun where children in grades K-6 will learn STEM concepts by collaborating with friends, building creative problem-solving power, sketching, building and testing inventions, and completing high-energy challenges inspired by world-changing innovators!

*Camp Dates: July 11-15, 2022

*Location: First Presbyterian Church Basement | 405 N Lincoln

Camp Invention is for children entering grades K-6th.

We are seeking Leaders in Training (grades 7-8) and Interns (High school+)

For more information and registration, go to

<https://www.ellsworthcountyeconomicdevelopment.com/stem> 🍓

**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

Open Nutrition Educator Position

See 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) for more information. 🍓



Black Bean Burrito



Nutrition Information per Serving:

- Serving Size: 1 burrito
- Vegetables: 2¼ cups
- Fruits: 0 cups
- Calories: 522 calories
- Carbohydrates: 62 grams
- Fiber: 21 grams
- Protein: 24 grams
- Fat: 22 grams
- Sodium: 546 mg

Source: medinsteadofmeds.com

Serves: 1; Serving Size: 1 Burrito

Ingredients:

- 1 (8-inch) 100% whole-wheat tortilla
- ½ cup mixed salad greens
- ¾ cup prepared black beans, drained & warmed
- ¼ cup shredded Mexican-style cheese
(can use another variety according to taste)
- ½ cup chopped tomatoes
- ½ avocado, sliced
- ¼ cup chopped onions (optional)

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Warm the tortilla in microwave for 10 – 12 seconds.
3. Place mixed greens, black beans, shredded cheese and then tomatoes, avocado, and onions on one side of the tortilla.
4. Wrap all ingredients in the tortilla by carefully folding in the sides and rolling the side with ingredients towards the empty side.

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!