



# Simply Produce

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

## From Cabbage to Sauerkraut

Cabbage is popular in the spring, so try turning it into sauerkraut! But how do you know when fermentation is complete?

Fermentation naturally stops as acids accumulate to the extent that further growth of desirable bacteria cannot take place. The bubbling ceases and the color should have changed from green/white to tan. It should be tart but still have a firm texture. The brine should not be cloudy.



If mold is present, has a slimy texture, or has a bad odor, do not eat.

Fully fermented sauerkraut can be stored in the freezer, canned or frozen. 🍓

Source: <https://extension.psu.edu/lets-preserve-fermentation-sauerkraut-and-pickles>

## Walk Kansas 2022

There is still time to register for the annual Walk Kansas program! This year, Walk Kansas focuses on how physical activity, nutrition, and other lifestyle practices that improve our brain function.

Walk Kansas will run March 27 through May 21, encouraging teams of six to sign up together and get moving. Each 15 minutes of activity counts for 1 mile of distance, and teams track their mileage virtually as they move across pre-determined routes in or across Kansas. More than 6,000 people participated in Walk Kansas last year.

Registration closes April 4. Contact Family and Consumer Sciences Agent Jessica Kootz for more information. 🍓

[jessicak@ksu.edu](mailto:jessicak@ksu.edu) | 785.472.4442

**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.**






## 2022 COMMUNITY HEALTH NEEDS ASSESSMENT (CHNA)

**Your Input matters**  
 ASSIST IN IDENTIFYING ELLSWORTH COUNTY HEALTH NEEDS BY PARTICIPATING IN THIS SHORT SURVEY

[www.surveymonkey.com/r/CHNA2022\\_EllsworthCo](http://www.surveymonkey.com/r/CHNA2022_EllsworthCo)

Ellsworth County Medical Center is working with other community health providers to update the 2022 Ellsworth County, KS Community Health Needs Assessment. The goal of this assessment is to understand progress in addressing health needs cited in the 2016 & 2019 CHNA's and to collect up-to-date community health perceptions.



## Cover Crop Field Day & Meeting

Come learn about:

- \*Utilizing cover crops for weed control
- \*Effects of grazing cover crops on weed control study
- \*Grazing Cover Crops impacts on soil bulk density/compaction & soil health
- \*Carbon Credit programs

The day begins at the cover crop field 1.5 miles west of Ellsworth on Ave K from 3p-3:50p on March 30. Meetings and presentations are 4p-6p at Ellsworth Rec Center. Registrations due by March 25. Contact Craig Dinkel for more information. 🍓 [cadinkel@ksu.edu](mailto:cadinkel@ksu.edu) | 785.472.4442

## Simply Produce Ellsworth County

Buy **15** Pounds of Produce Dollars!  
 for only (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
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
April 18	Monthly Breakfast (Free Will Donation) 6a-10a	American Legion Post 174
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

## Buying Guide for Kansas Fruits and Vegetables

As local farmers markets make plans to open for the growing season, shoppers can plan ahead by knowing what is available at different times of the year.

The K-State Research and Extension Buying Guide for Kansas-Grown Fruits and Vegetables is a great tool to help you choose many nutritious seasonal fruits and vegetables. Local farmers can also answer questions about the foods they grow to help you try something new or find a new way to enjoy the tasty treats. Within the publication are charts you can print out for a handy reference.

Contact Crop Production/Horticulture Agent, Craig Dinkel, for a copy of this guide. 🍓  
cadinkel@ksu.edu | 785.472.4442





# Southwestern Coleslaw

Servings: 6

## Ingredients:

- ½ teaspoon garlic powder
- 2 ½ Tablespoon cider vinegar
- 1 Tablespoon water
- ½ teaspoon ground cumin
- ½ teaspoon dry leaf oregano
- ½ cup chopped cilantro
- 4 teaspoon vegetable oil
- 2 teaspoon sugar
- ½ teaspoon salt
- ½ to 1 medium jalapeno seeded and chopped
- 4 cups finely shredded green cabbage
- 1 cup chopped green onions
- 1 cup thin strips of red bell pepper OR canned roasted red peppers
- 1 cup cooked yellow corn

## Directions:

1. Wash hands for 20 seconds with soap and water.
2. Wash fresh vegetables thoroughly and set aside.
3. Combine in a small bowl all salad dressing ingredients and mix well.
4. In a large bowl, mix shredded cabbage, onion, red pepper, and corn.
5. Add salad dressing and toss well.
6. Cover and chill for about 1 hour prior to serving.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(117g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 37mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 233mg	<b>4%</b>

\*The % Daily Value 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.

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

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!*