



# Simply Produce

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

## May is Mental Health Awareness Month

Mental health is our psychological, emotional, and social well-being. It impacts every part of our lives including our thoughts and behaviors.

Mental health can change over time. Many things can impact a person's mental health including excess stress, limited resources, or lack of support.

Millions of Americans are currently living with at least one mental health condition.

Untreated mental conditions can have serious consequences such as: substance abuse, unemployment, homelessness, poor quality of life, suicide, unnecessary disability, or incarceration.

The most common treatment for mental health conditions is a combination of therapy and prescription medication.

Talk to a mental health professional if you believe you may be living with an untreated mental condition. 🍓

### Mental Health: The Ins & Outs

There is no one cause of mental illness. A number of things could potentially contribute to the onset of a mental illness. Examples include trauma, biological factors, chronic medical conditions, and natural disasters.



**K-STATE**  
Research and Extension

Stress and  
Resiliency Team

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer.  
Resource: <https://www.cdc.gov/mentalhealth/learn/index.htm>

**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.**





## Spice up Snacks and Meals with Salsa:

Add taste without adding lots of calories. A combination of tomatoes, onions and peppers can add zest to chips. A mixture of fruit, herbs, onion, and pepper added to meat or fish can add unique flavors to dishes. There are a variety of salsa options for different preferences and dishes such as spicy, hot, sweet, savory, herbal and aromatic.

Salsa ingredients and preparation tips.

Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial produce protector and follow the manufacturer's directions. Cover and refrigerate cut fruit and veggies until ready to serve. Most salsas taste best if refrigerated for about an hour before serving to let flavors blend.

Serve salsa safely.

Perishable foods like dips, salsas, and cut fruit and vegetables should not sit at room temperature for more than two hours. If you will be serving items such as these for a longer period than this, set out a smaller bowl and then replace it with another one when it is empty. Do not add fresh dip or salsa to dip or salsa that has been sitting out. Refrigerate and use up any that has not been served within three to four days of preparation.

Source: <https://food.unl.edu/healthy-bites-may-national-salsa-month>

## 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: 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)
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)

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 25	Wheat Plot Tour Russell Begins at 7:30a Lorraine Begins at 11:30a	Midway Extension District
May 30	Memorial Day Services 10a with lunch at 11a	American Legion Post 174
June 8	4-H Junior Leaders Day Camp Registration Due: June 2	Ellsworth County 4-H
June 11	Midway Walk Kansas 5K Fun Run/Walk T-Shirt Deadline: May 28 Registration - 7:30a; Race: 8a	Midway Extension District
June 11	Legionfest 2022 Gates Open:10a; Bands:4p; Supper:5p	American Legion Post 174
June 10 - 15	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
June 17	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174

## 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. 🍓





# Tasty Taco Rice Salad



Serves: 8 Cups; 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 jalapeno, chopped finely
- 2 cups spinach or lettuce, chopped
- 1 cup 2% fat cheese, shredded

## Nutrition Facts

8 Servings Per Recipe

Serving Size: 1 1/2 cups

Amount Per Serving

**Calories 230**

	% Daily Value*
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrates</b> 19g	<b>6%</b>
Dietary Fiber 3g	12%
Total Sugars 3g	
Added Sugars	NA*
<b>Protein</b> 17g	
Vitamin D 0mcg	0%
Calcium 237mg	18%
Iron 2mg	11%
Potassium 422mg	9%

\* 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.

## 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 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 jalapeno. Heat for 2-3 minutes.
6. Place layers of spinach or lettuce, rice mixture, and cheese on plates. Serve at once.
7. Refrigerate leftovers within two hours.

Source: Seasonal and Simple

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!*