

June 2023

Simply Produce

**Fresh
Produce
Bundle
\$15**

Produce Spotlight: BROCCOLI

Broccoli is a vegetable that grows as clusters of flower buds, called florets, on a stem. The heads of broccoli should be harvested before the flowers open or turn yellow.

HOW DO I MAKE A GOOD SELECTION?

Select large, firm and brightly colored heads of broccoli with tight florets that are dark green, purplish, or bluish green. Avoid discolored and damaged heads of broccoli.

WHAT IS THE PROPER STORAGE?

Store unwashed broccoli heads in a plastic bag in the refrigerator for 3-5 days. Whole heads of broccoli can be stored, or can be cut into florets for quick use.

WHY SHOULD I EAT THIS?

Broccoli has calcium which helps build bones. It also has Vitamin A which promotes cell growth and good vision. It is a good source of iron, which is important for helping blood cells move oxygen through the body. It also has folate, which is important for women who are pregnant, as it plays an important role in preventing birth defects.

HOW COULD I USE THIS?

- Add raw or cooked broccoli to a salad
- Try as a pizza topping
- Eat raw broccoli with dip
- Add broccoli to soup or stew
- Add to an omelet
- Boil, steam, roast or microwave broccoli for a side dish
- Add to a pasta dish or pasta salad
- Add broccoli to a stir-fry
- Add to a casserole



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.

Source: food.unl.edu



Tips for a Healthy Summer

The Centers for Disease Control and Prevention (CDC) recommends these six tips to help prevent chronic disease and have a healthy summer.

- 1) Move More, Sit Less
- 2) Wear sunscreen and insect repellent.
- 3) Keep cool in extreme heat
- 4) Eat healthy food
- 5) Choose your drinks wisely
- 6) Don't use tobacco

One way to help you eat more fruits and veggies AND drink more water, is to combine them! Infusing water with fruits, vegetables and herbs not only tastes good, but it is good for our bodies as well. Depending on the produce we are adding, the health benefits can vary from helping with digestion, immune support, and even freshening your breath. Fruits, vegetables and herbs contain a variety of micronutrients that work to help our bodies in many ways. Trying different combinations can help to vary up the health benefits and help us to not get tired of the same water combination. Want to get even more from your plant-infused water? Eat the produce after you are done drinking. Not only are you getting the nutrient benefits from infusing it but now you are getting fiber and a tasty snack too!

Here are some simple Plantfusion combinations that you can try in your water today.

- Cucumber + Lemon ● Strawberry + Blueberry ● Cucumber + Lemon + Lime + Mint
- Strawberry + Lemon + Basil ● Strawberry + Kiwi + Lime ● Carrot + Orange + Ginger
- Watermelon + Mint ● Pineapple + Mango + Orange ● Grapefruit + Rosemary ● Blueberry + Lavender
- Strawberry + Pineapple + Sage ● Celery + Cucumber + Lemon + Lime ● Apple + Cinnamon
- Carrot + Pineapple + Apple ● Blueberry + Peach 🍓

Source: CDC and fruitsandveggies.org

Mental Health Minute: Eat a Balanced Diet

Weekly Stress & Resiliency Tip: EAT A BALANCED DIET

When you experience stress, certain vitamins that your body needs can diminish. Eating a well-balanced diet helps to replenish vitamins that your body needs, which makes you better able to fight off stress!

K-STATE
Research and Extension

Stress and
Resiliency Team



Source: KSRE

Source: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-tips-to-manage-stress>



Upcoming Events:

Date	Event	Organization
June 28 <i>Noon</i>	Cancer Town Hall and Q&A with Johnson Cancer Research Center	Midway Extension District <i>at Fossil Creek Hotel, Russell</i>
June 29 <i>7pm</i>	Cancer Town Hall and Q&A with Johnson Cancer Research Center	Midway Extension District <i>at ECMC Admin Building Conference Room</i>
July 14 - 19	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
July 17 - 20	Ellsworth County 4-H and Open Class Fair	Midway Extension District <i>at Ellsworth Wellness and Recreation Center</i>
July 21	Pick up your Simply Produce Basket NOON - 12:45p	ECMC Admin Building
July 24 - 28	Russell County Free Fair	Midway Extension District <i>at Russell County 4-H Building and Fairgrounds</i>

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Ordering/Distribution Dates

Watch local media or check with the store for additional dates!

Place Orders: 7/14/23 (8am) - 7/19 (Noon)

Pick up Basket: 7/21/23 (Noon - 12:45pm)

Place Orders: 8/11/23 (8am) - 8/16 (Noon)

Pick up Basket: 8/18/23 (Noon - 12:45pm)

Place Orders: 9/8/23 (8am) - 9/13 (Noon)

Pick up Basket: 9/15/23 (Noon - 12:45pm)

Place Orders: 10/13/ (8am) - 10/18 (Noon)

Pick up Basket: 10/20/23 (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.



Frozen Yogurt Bark



Ingredients:

- 2 cups nonfat vanilla yogurt
- 6 strawberries, chopped
- 2/3 cup raspberries (broken apart)
- 2/3 cup blueberries
- 3 tablespoons coconut flakes
- 2 tablespoons sliced almonds

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Line a baking sheet with wax paper or parchment paper.
3. Spread yogurt thinly (1/4 inch or less) and evenly on pan.
4. Sprinkle strawberries, raspberries, blueberries, coconut flakes, and sliced almonds on top of the yogurt. Press down gently to make sure the berries, coconut, and almonds are in the yogurt.
5. Freeze for at least 3 hours.
6. Soften on the counter for about 5 minutes. Cut or break bark into pieces. Serve or store in the freezer in an airtight container for up to 2 months.

Source: *Spend Smart Eat Smart*

Nutrition Facts

18 servings per recipe
Serving Size: 1 piece

Amount Per Serving

Calories 30

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 0mg	0%
Potassium 75mg	2%

* 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.

Simply Produce

Simply Produce Ellsworth County brought to you by:

Ellsworth County Medical Center

785.472.3111



Gene's Heartland Foods, Ellsworth

785.472.4111



Grow Ellsworth County

785.472.9204



Midway Extension District

785.472.4442



Thank you for shopping local!