

**Fresh  
Produce  
Bundle  
\$15**

# Simply Produce

## Holiday Wellness Tips

During the hustle and bustle of the holiday season, it's easy to fall out of our normal routines and set our wellness and self-care aside. But in all reality, it is even more important to focus on your mental health and wellness during this busy time of year. Read on for tips to help you focus on your wellness this holiday season.

### **Make Time for Movement**


Even a few minutes of physical activity can lead to health benefits. Staying active helps adults reduce short-term feelings of anxiety and leads to better sleep.

### **Maintain a Healthy Eating Pattern**

Healthy eating helps us maintain a healthy weight, boosts our immune system, regulates our digestive system, supports bone and muscle strength, and reduces our risk of developing chronic disease. Healthy eating during the holidays doesn't mean giving up all your favorite foods and traditions, but finding balance is important.

### **Manage Your Stress Level**

The holidays are meant to be a joyous time but can cause a lot of stress for many people. Follow these tips to stay joyful and energized:

- Make sure you get enough sleep. Getting 7 or more hours of sleep can help maintain healthy stress levels. Set an alarm to remind yourself it's time for bed, turn off the electronics, and get the rest you need.
- Prioritize your time. The holiday season can sometimes be overwhelming with so many gatherings and social events. Acknowledge that it is OK to not attend every event, and give yourself permission to say "no" when you need to.
- When feeling stressed, try to focus on gratitude. Ask yourself, "What is one thing I am grateful for today?"
- Finances can also cause stress this time of year. Be realistic about your holiday budget and stick to it. Meaningful gifts don't have to come at a high price point. 

Source: [food.unl.edu](http://food.unl.edu)

**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.**



## Power out? Here's how to keep food safe

Keeping food safe during a power outage begins well before winter storms hit.

Before the power goes out, keep an appliance thermometer in the refrigerator and freezer. According to guidelines from the U.S. Food and Drug Administration, the temperature inside the refrigerator should be 40 degrees Fahrenheit or lower, and the freezer at 0 F or below. Having a thermometer in place before the power goes out helps to assure the appliance temperature does not stray outside the recommended range.

It may also be a good idea to stock up on canned and non-perishable goods. Dried foods, such as fruit and crackers, are great for snacks. Keep foods that family members enjoy, but also healthful foods to provide nutrient-dense nourishment.

Pantry foods should be kept in a cool, dry, dark location.

When power is first lost, leave the door of the refrigerator and freezer closed to preserve cold temperatures as long as possible. If the power stays out for a longer period of time and the refrigerator is not staying cold, try using a coolers filled with ice. Make sure ice surrounds the food for the best chilling effect.

For food in the freezer, dry ice can be used if available – but thick gloves should always be worn when handling dry ice to prevent skin damage. Dry ice should then be kept in a ventilated area.

Food spoilage may be unavoidable if the power outage is lengthy.

These key factors may be an indication of foodborne illness:

- Color changes.
- Unusual odors.
- Texture changes.

The most susceptible foods are meat, dairy, eggs, and cut fruits and vegetables. Extra care should be taken when examining these food items.

Don't taste any questionable food that has thawed out. When in doubt, throw it out!

If a power outage lasts more than four hours at temperatures greater than 40 F, refrigerated or frozen food kept without another cold source should be thrown out.

For more information on food safety during the power outages, contact Midway District FCS Agent Jessica Kootz or visit the U.S. Centers for Disease Control and Prevention webpage. 🍅

*Source: K-State Research and Extension*

## Join us for Women in Ag

An upcoming four-part extension workshop for ag producers will focus on the basics of land management, leasing, and conservation for landlords and tenants.

Workshops will be held both in-person at the Ellsworth County Courthouse on January 18 and 25, February 1 and 8. from 5:30 to 8:30 p.m. Contact Craig Dinkel for registration info. 🍅

**The Power of Negotiation & Communication**  
*Land Leasing Strategies for Midwestern Ag Women*

**A 4-PART WORKSHOP FOR LANDOWNERS AND TENANTS**  
JAN. 18 & 25      FEB. 1 & 8

[www.AgManager.info/events](http://www.AgManager.info/events)

Lease Agreement Basics    Landlord/Tenant Relations    Negotiating Skills    Conservation Practices

K-STATE Research and Extension    N EXTENSION    PURDUE UNIVERSITY

USDA National Institute of Food and Agriculture    NORTH CENTRAL EXTENSION LAND MANAGEMENT EDUCATION

This material is based upon work supported by USDA NIFA under award Number 2021-70027-34-694



# Upcoming Events:

Date	Event	Organization
December 19	Free Will Breakfast 6:30a-9a	American Legion Post 174
December 24-26 & January 2, 2023	CLOSED for the holidays: ECMC Business Offices, Outpatient, Rural Health Clinics	Ellsworth County Medical Center
January 5, 2023	Skyrocket Your Non-Profit Grant Writing Workshop & More <b>(Register by December 30, 2022)</b>	Grow Ellsworth County
January 13 - 18, 2023	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
January 18 & 25; February 1 & 8	The Power of Negotiation and Communication <i>Land Leasing Strategies for Midwestern Ag Producers</i> <b>(Registration due to Craig Dinkel by January 13; 785.472.4442)</b>	Midway Extension District
January 20, 2023	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174
January 16, 2023	Free Will Breakfast 6:30a-9a	American Legion Post 174
January 25, 2023	Adult Mental Health First Aid Training	Midway Extension District





# ASPARAGUS AND QUINOA SAUTÉ WITH BELL PEPPERS & SAUSAGE



— FROM THE LAND OF —  
**KANSAS**

- 2 tsp. extra-virgin olive oil
- 1 lb. cooked kielbasa or turkey kielbasa, sliced into ¾” slices
- 1 small yellow onion, chopped
- 1 cup quinoa, cooked according to package directions
- 1 bundle fresh asparagus, trimmed and cut into 1-inch pieces
- 1 yellow bell pepper, seeded and membranes removed, chopped
- 1 red bell pepper, seeded and membranes removed, chopped
- 3 cloves garlic, minced
- 15-oz can cannellini beans, drained and rinsed
- zest and juice of 1 lemon
- ½ cup shredded Romano or Parmesan cheese
- kosher salt and freshly ground black pepper, to taste
- 1–2 cups vegetable or chicken broth, as needed

In a large skillet, heat olive oil over medium high heat. Add kielbasa slices and cook just until nicely browned; remove and set aside.

Add the onion to the same skillet and cook for 1 minute. Stir in asparagus and peppers; cook, stirring frequently, just until onions and peppers are tender, adding a bit more oil or broth to the pan as needed.

Reduce heat to medium. Stir in garlic and beans; cook, stirring frequently, 4-6 minutes, or until beans are heated through. Stir in cooked quinoa, reserved kielbasa slices, and more broth, if needed.

Remove from heat; add lemon zest and juice and toss to combine; season to taste with salt and pepper. Top with cheese and serve at once.

## Nutrition Facts

Serving Size 1 cup (cooked)  
Servings About 8

Amount Per Serving

Calories 310    Calories from Fat 180

% Daily Value\*

Total Fat 20g    31%

Saturated Fat 7g    35%

Trans Fat 0g

Cholesterol 45mg    15%

Sodium 1010mg    42%

Total Carbohydrate 18g    6%

Dietary Fiber 4g    16%

Sugars 3g

Protein 13g

Vitamin A 8%    •    Vitamin C 50%

Calcium 10%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:    2,000    2,500

Total Fat    Less than 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

INGREDIENTS: Kielbasa Sausage (beef, water, corn syrup, contains 2% or less of: spice, flavor, salt, dextrose, isolated soy product, potassium chloride, isolated soy protein, potassium phosphates, yeast extracts, beef stock, sodium erythorbate, sodium nitrite), Cannellini Beans (prepared cannellini beans, water, salt, calcium chloride [firming agent], disodium EDTA [protects color retention]), Chicken Broth (chicken stock, contains less than 2% of salt, dehydrated chicken broth, natural flavoring, dehydrated onions, yeast extract, chicken fat, carrots, celery, onions), Cooked Quinoa (water, quinoa), Asparagus, Yellow Onion, Yellow Bell Pepper, Red Bell Pepper, Parmesan Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), Extra Virgin Olive Oil, Garlic, Lemon Zest, Salt, Pepper. Contains Milk, Soy.

Recipe and cooking tip by:



*Chef Alli's*  
Farm Fresh Kitchen  
come get fed

[www.chefallisfarmfreshkitchen.com](http://www.chefallisfarmfreshkitchen.com)

**COOKING TIP:** Lay the spears on top of a large overturned stock pot and use your peeler to remove a few strips of the outer stalk, working away from you with the peeler. Trim the end of each spear and proceed with your recipe.

Presented by:



**KANSAS FARM BUREAU**  
The Voice of Agriculture

## Simply Produce Ellsworth County brought to you by:



American Legion Post 174  
785.810.8291

Ellsworth County Medical Center

785.472.311



Ellsworth County  
Medical Center



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!*



**K-STATE**  
Research and Extension

Midway District

Gene's  
**HEARTLAND**  
FOODS



# Simply Produce

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

**GET YOUR**  
Simply Produce  
**BASKET!**

Order a Produce Basket for only 15 dollars (plus tax) at:

Pick up your Basket at:

## Ordering/Distribution Dates

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

*Place Orders:*

*Pick up Basket:*

*Place Orders:*

*Pick up Basket:*

*Place Orders:*

*Pick up Basket:*

*Place Orders:*

*Pick up Basket:*

**For more information, contact**

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. Material funded by USDA SNAP and Kansas SNAP-Ed through K-State Research and Extension and Kansas Department of Children and Families (DCF). USDA is an equal opportunity provider.