



**Fresh
Produce
Bundle
\$15**

February 2023

Simply Produce

Produce Spotlight: SPINACH



Spinach is delicious to eat raw or cooked. Serve spinach raw in salads or on sandwiches. It can be steamed, boiled, microwaved, sautéed, or stir-fried. You can even add spinach to soups, wraps, lasagna, or other vegetable dishes.

HOW DO I MAKE A GOOD SELECTION?

Spinach should have fresh green leaves. Leaves should be dull green on top and bright green on the underside. Avoid if the leaves are limp, damaged, or spotted.


WHAT IS THE PROPER STORAGE?

Loosely wrap spinach in a damp paper towel and place in plastic bag. Refrigerate for up to five days. When ready to use, rinse under clean, running water and dry with a paper towel.

WHY SHOULD I EAT THIS?

Spinach is high in Vitamin A, which helps keep eyes and skin healthy and helps to protect against infections. Spinach is also high in Vitamin C, which helps heal cuts and wounds. It is a good source of iron, which is important for helping blood cells move oxygen through the body. It is a good source of fiber, which helps to maintain bowel function.

HOW COULD I USE THIS?

- Add spinach to other stir-fry vegetables like bell peppers, broccoli, and snap peas.
- Spinach can easily be added into an omelet for a nutrient dense meal.
- Try baked spinach, cheese and onion stuffed chicken breasts.
- Spinach can be made into a pesto with olive oil and garlic. Use this to top pasta or a protein source like fish.
- Spinach can easily be added to a smoothie.
- Add frozen spinach to mashed potatoes for more vitamins and minerals in your meal. 

Source: food.unl.edu

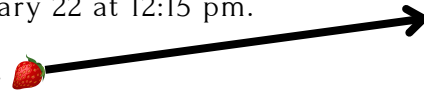
**Simply Produce
Ellsworth
County
increases access
to fruits and
vegetables while
encouraging
shopping local.
Call Gene's
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Foods in
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order your
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785.472.4111.**



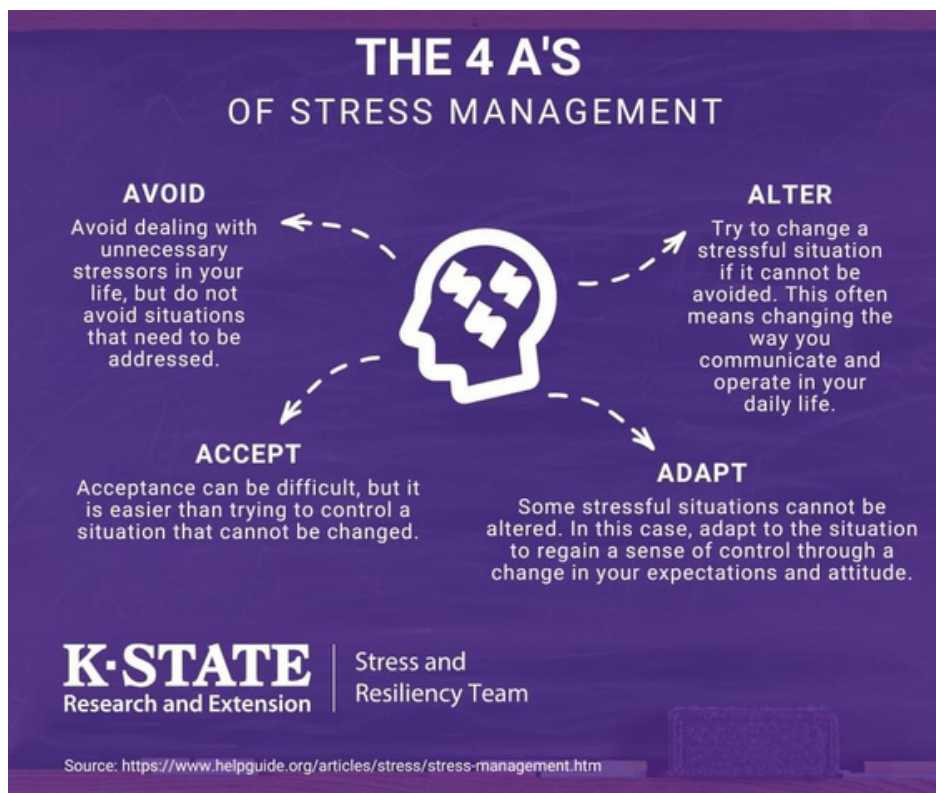
Declutter Your Mind: Tools to Tame Your Anxiety and Overthinking

Do your thoughts keep you up at night? Do you imagine worst-case scenarios or routinely second-guess your decisions? These are things you might experience when you overthink. Learn some tools to declutter your mind and tame your anxiety and overthinking. Join us for this helpful webinar on February 22 at 12:15 pm.

Register at: <http://bit.ly/LWW2023> or scan the QR code.



Mental Health Minute: The 4 A's of Stress Management



Stress is the way your body responds to experiences and events. It helps you rise to a challenge in addition to preparing to meet tough situations with focus, strength, stamina, and heightened alertness. The events that provoke stress are called stressors. Stressors can be single events or a result of multiple events that pile up.

Some stressors are predictable, like your commute to work. You can choose how you will respond to these situations by using the 4 A's of stress management. 🍓

Source: KSRE

Eat for the Heart Health of It



The leading cause of death in the United States is heart disease. "Heart disease" refers to many types of heart conditions. The most common type of heart disease in the U.S. is coronary artery disease (CAD), which can lead to heart attack. The good news is that you can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.

You can prevent heart disease by living a healthy lifestyle. Choosing healthy habits such as eating a healthy diet and getting regular exercise can help you keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack.

Walk Kansas begins March 26 and is a great way to focus on your heart health through physical activity and eating fruits and vegetables. Learn more by contacting Jessica Kootz, 785.472.4442.

🍓 Source: CDC



Upcoming Events:

Date	Event	Organization
March 10 - 15	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
March 17	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174
March 20	Free Will Breakfast 6:30a-9a	American Legion Post 174
March 26 - May 20	Walk Kansas Registration Opens March 1 <i>Contact Jessica Kootz for more information jessicak@ksu.edu or 785.472.4442</i>	Midway Extension District

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: 3/10/23 (8am) - 3/15 (Noon)

Pick up Basket: 3/17/23 (Noon - 12:45pm)

Place Orders: 4/14/23 (8am) - 4/19 (Noon)

Pick up Basket: 4/21/23 (Noon - 12:45pm)

Place Orders: 5/12/23 (8am) - 5/17 (Noon)

Pick up Basket: 5/19/23 (Noon - 12:45pm)

Place Orders: 6/8/23 (8am) - 6/14 (Noon)

Pick up Basket: 6/16/23 (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.



Roasted Tomato and Spinach Pasta

Serves: 6

Ingredients:

- 2 cups cherry tomatoes (about 10 ounces)
- 4 tablespoons oil (canola or vegetable), divided
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 3 cups fresh spinach or 1 package (10 ounces) frozen chopped spinach, thawed
- 8 ounces whole wheat spaghetti
- 1 teaspoon Italian seasoning
- 5 tablespoons Parmesan cheese

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Heat oven to 400°F.
3. Rinse the tomatoes under running water. Cut in half. Spread on greased baking pan.
4. Sprinkle oil (2 tablespoons), salt, pepper, and garlic powder on tomatoes. Stir to coat.
5. Bake for 15-20 minutes. Prepare spinach and spaghetti as tomatoes bake.
6. Slice spinach in strips*. Or thaw, drain, and pat dry the frozen spinach. Set aside.
7. Follow package directions to cook spaghetti. Drain.
8. Add remaining 2 tablespoons oil, Italian seasoning, spinach, and baked tomatoes to the spaghetti. Stir until heated through. Serve with Parmesan cheese.

Nutrition Facts

4 Servings Per Recipe

Serving Size: 1 1/4 cups

Amount Per Serving

Calories **380**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 310mg **13%**

Total Carbohydrates 48g **17%**

Dietary Fiber 7g **26%**

Total Sugars 4g

Includes 0g **Added Sugars** **0%**

Protein 12g

Vitamin D 0mcg **0%**

Calcium 119 mg **10%**

Iron 3mg **15%**

Potassium 591mg **15%**

* 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.

Source: *Source: Spend Smart Eat Smart*

Simply Produce 

Simply Produce Ellsworth County brought to you by:



American Legion Post 174
785.810.8291

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!