

March 2023

# Simply Produce

**Fresh  
Produce  
Bundle  
\$15**

## Produce Spotlight: CABBAGE

Cabbage originated nearly 2,000 years ago in the Mediterranean region. There are many types of cabbage grown in the world. Varieties of cabbage include red cabbage, Bok Choy, and Napa cabbage among other varieties.

### HOW DO I MAKE A GOOD SELECTION?

Choose firm heads of cabbage that have glossy, light green leaves and are not damaged. The stem end should look healthy, trimmed and not dry or split.


### WHAT IS THE PROPER STORAGE?

Store unwashed cabbage head in a plastic bag in the refrigerator for up to one week. Once the head of cabbage has been cut, put the remainder in plastic bag and use within one to two days.

### WHY SHOULD I EAT THIS?

Cabbage is high in Vitamin C, which helps heal cuts and wounds. It is also a good source of fiber, which helps to maintain bowel function.

### HOW COULD I USE THIS?

- Add cabbage to your side salad
- Use green and red cabbage in a coleslaw
- Try cabbage steamed, boiled, microwaved or stir-fried
- Add to pasta dishes or a casserole
- Add it to homemade soup or stew
- Try adding cabbage to a casserole
- Create a traditional Polish dinner called Golumpki, which is ground beef or pork wrapped in cabbage leaves 

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.**



## Family Meals - Nutrition and Skills to Get You Started!

Family meal time can be challenging. Join this session to learn about MyPlate, portion sizes, and why healthy eating and trying new foods is important for children.

Wednesday, March 22 at 12:15 - 1:00 pm.

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



## Mental Health Minute: What is Mental Resilience and How to Build It

Mental resilience is the process and result of successfully adapting to difficult life experiences through emotional, mental, and behavior flexibility.

Resilience involves the act of "bouncing back", as well as personal growth.

Becoming more resilient will help you get through difficult times and enable you to grow along the way. Being resilient does not mean that a person will never experience difficulty or discomfort. In fact the journey to mental resilience is paved with emotional distress. Resiliency involved behaviors, thoughts, and actions that anyone can learn and develop. 🍓

Source: KSRE; apa.org

### HOW TO BUILD MENTAL RESILIENCE

We all encounter difficulty in our lives. Here are some strategies for increasing mental resilience to help in tough situations.

- Build your connections. Connecting with empathetic and understanding people can remind you that you're not alone when you face difficulties.
- Foster wellness. Take care of your body, practice mindfulness, and avoid negative outlets.
- Find a purpose. You can do this by helping others, being proactive, moving towards your goals, and engaging in self-discovery.

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Stress and  
Resiliency Team

Source: <https://www.apa.org/topics/resilience/building-your-resilience>

## Celebrate National Nutrition Month

March is National Nutrition Month. This year's theme is "Fuel for the Future!" Read on to discover the importance of fueling our bodies at every age and eating with sustainability in mind.

\*Eat Sustainably. Focus on the environment when meal planning like shopping locally and buying foods with minimal packaging.

\*Grow Your Own Food. Start a container or backyard garden to grow food at home.

\*Eat More Plant-Based Meals and Snacks. Get creative with plant-based recipes and trying new foods.

\*Save Money, Stay Nourished. To help save money and reduce food waste, plan your meals and snacks and make a grocery list before heading to the store.

\*Make Tasty Meals at Home. Preparing food at home can be good for you and the environment. Add some variety by trying new flavors and foods from around the world.

\*Eat a Variety of Foods. Give your body the fuel it needs at every stage of life. Enjoy a variety of foods from all food groups and in various forms. 🍓

Source: eatright.org



# Upcoming Events:

Date	Event	Organization
March 26 - May 20	Walk Kansas <b>Registration Opens March 1</b> <i>Contact Jessica Kootz for more information            jessicak@ksu.edu or 785.472.4442</i>	Midway Extension District
April 14 - 19	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
April 16	Free Will Spaghetti Lunch 11a - 2p	American Legion Post 174
April 21	Pick up your Simply Produce Basket NOON - 12:45p	American Legion Post 174

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## 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](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.



# Beef and Vegetable Stir Fry

Serves: 4

## Ingredients:

- 2 teaspoons ground ginger
- 1 teaspoon garlic powder
- 1/4 cup low sodium soy sauce
- 1/4 cup water
- 1/2 pound lean beef or pork (sliced thinly against the grain)
- 2 cups instant brown rice (or whole wheat noodles), uncooked
- 2 tablespoons oil (canola or vegetable), divided
- 7 cups chopped vegetables (like carrots, broccoli, mushrooms, bell peppers, and onions) or 24 ounces frozen stir fry vegetables, thawed
- 1 tablespoon cornstarch

## Directions:

1. Wash hands for 20 seconds with soap and water.
2. Mix ginger, garlic powder, soy sauce, and water. Pour 1/4 cup of the mix into a sealable plastic bag and save the rest. Add meat to the bag. Seal the bag and set it in the refrigerator for about 20 minutes.
3. Prepare brown rice according to directions on the package for 4 servings.
4. Heat 1 tablespoon of oil in a large frying pan. When oil is hot, add meat from plastic bag and stir until brown. This will take 1 to 3 minutes. Discard liquid from the bag.
5. Remove meat from pan, set aside, and cover. Add 1 tablespoon of oil to pan.
6. Add chopped hard vegetables when oil is hot. Stir and cook them for 3 minutes. Add chopped soft vegetables. Stir and cook until tender (about 5 minutes).
7. Add cornstarch to the saved ginger mixture and stir until smooth.
8. Return meat to the pan when vegetables are tender. Add cornstarch mixture and cook for about 2 minutes until bubbly.
9. Serve over brown rice.

## Nutrition Facts

4 Servings Per Recipe  
Serving Size: 1 1/2 cup stir fry and 2/3 cup brown rice

Amount Per Serving	
<b>Calories</b>	<b>420</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 680mg	29%
<b>Total Carbohydrates</b> 58g	21%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 3mg	15%
Potassium 860mg	20%

\* 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

Source: Source: Spend Smart Eat Smart

## 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!*