

May 2023

Simply Produce

**Fresh
Produce
Bundle
\$15**

Produce Spotlight: SUMMER SQUASH

Summer squash are vegetables with rinds that can be eaten and are normally green or yellow, depending on their variety. They can be cylindrical or more round shaped. Zucchini and yellow summer squash are the most common types of squash that are grown in the summer months.

HOW DO I MAKE A GOOD SELECTION?

For all varieties of summer squash, choose squash that are glossy, small-to-medium-sized, and heavy for their size. Choose squash that is firm and free of blemishes and damage.

WHAT IS THE PROPER STORAGE?

Store unwashed summer squash in a plastic bag in the refrigerator or in the produce drawer of the refrigerator for up to five days. Rinse produce under cold running water and trim both ends before using.

WHY SHOULD I EAT THIS?

Summer squash is a good source of Vitamin B6, which helps maintain skin health and red blood cells. Summer squash is a great source of Vitamin C, which helps heal cuts and wounds. The rinds are rich in beta-carotene, which helps eye health.

HOW COULD I USE THIS?

- Add to salsa
- Eat zucchini sticks with dip or hummus
- Try adding raw zucchini to a salad
- Slice raw or cooked squash and add it to a sandwich
- Try baking or grilling squash
- Add zucchini to banana bread or make chocolate chip zucchini bread
- Spiralize zucchini and use in place or in addition to noodles
- Add cooked squash to an omelet
- Add chopped squash to soups or stews



Source: food.unl.edu

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Outdoor Food Safety for Picnics and BBQs

Food safety is a huge part of keeping your summer fun and healthy. Warm weather events like picnics and barbecues present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical.

From the refrigerator/freezer to the picnic table, keep cold foods cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.

Cook food thoroughly. When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly. For meat, there are three temperatures that consumers should store to memory:

- 145° Fahrenheit for steaks, roasts, chops, fish, and other whole cuts of meat
- 160° F for ground meat, including beef, pork, and lamb
- 165° F for all types of poultry

Keep “ready” food hot. Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the “Danger Zone” — between 40 °F and 140 °F — for more than 2 hours, or 1 hour if outdoor temperatures are above 90 °F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness. 🍓

Mental Health Minute: Mental Health Awareness Month

May is recognized as National Mental Health Awareness Month. We often talk about what we need to incorporate into our lives to improve our mental health, but rarely about what we need to cut out. 🍓

HABITS THAT ARE BAD FOR YOUR MENTAL HEALTH

Being co-dependent: co-dependency is a learned behavior that negatively affects your individuality and can get in the way of enjoying healthy relationships.

Too much social media: spending too much time on social media can lead to anxiety and low self-esteem.

Having a "failure mindset": constantly expecting failure can discourage you from pursuing goals and damage your ability to succeed.

Regret: regret is healthy in increments, but persistent regret can develop into rumination that becomes a habit. This pattern can lead to many problems, such as anxiety and depression.



Upcoming Events:

Date	Event	Organization
May 20	Legionfest <i>Begins at 10a</i>	American Legion Post 174
June 9 -14	Order your Simply Produce Basket	Gene's Heartland Foods in Ellsworth
June 12	Dementia Screening & Alzheimers 101	Midway Extension District, ECMC, OCCK <i>at ECMC Admin Conference Room</i>
June 13	Dementia Screening & Alzheimers 101	Midway Extension District & OCCK <i>at Holyrood American Legion</i>
June 14	Dementia Screening & Alzheimers 101	Midway Extension District & OCCK <i>at Wilson Senior Center</i>
June 16	Pick up your Simply Produce Basket NOON - 12:45p	ECMC Admin Building
June 17	Father Daughter Dance <i>6:30p-8:30p</i>	American Legion Post 174

Location Change for Simply Produce Distribution Beginning June 2023

Beginning in June, our Simply Produce Ellsworth County distributions will move back to the Ellsworth County Medical Center Administration Warehouse Building. The distribution process will remain the same as it has been at the Legion, just back to our original 2020 location.

The American Legion Post 174 in Ellsworth has been a terrific partner and supporter of Simply Produce Ellsworth County for the last couple of years. We are so thankful to have been able to utilize their building for our distributions and have them promote our program. We look forward to future collaborations between the Legion and Midway District!

Thank you to our friends at American Legion Post 174 for their support and use of their space. 🍓

T H A N K Y O U



Roasted Vegetables and Kielbasa

Serves: 4

Serving Size: 1.5 Cups

Ingredients:

- 5 cups chopped vegetables (broccoli, cauliflower, carrots, onions, peppers, potatoes, zucchini)
- 1 tablespoon oil (canola, olive, vegetable)
- 1/4 teaspoon ground black pepper
- 1 turkey kielbasa (13 ounces)

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Preheat oven to 400° Fahrenheit.
3. In a large bowl, stir together chopped vegetables, oil, and ground black pepper.
4. Cut kielbasa into round pieces 1/4 inch to 1/2 inch thick.
5. Stir kielbasa into vegetables.
6. Spray a baking sheet with non-stick cooking spray. Spread vegetables and kielbasa evenly over the baking sheet.
7. Bake for 15 minutes. Stir.
8. Bake up to 25 minutes more, stirring every 5 to 10 minutes, until vegetables are soft. Cook time depends on the size of the vegetable pieces. Larger pieces will take longer to cook and smaller pieces will cook more quickly.

Nutrition Facts

4 servings per recipe	
Serving Size: 1 1/2 cups	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 710mg	31%
Total Carbohydrates 22g	8%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 2mg	10%
Potassium 459mg	10%

* 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: 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

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