



**Fresh
Produce
Bundle
\$15**

October 2023

Simply Produce

Produce Spotlight: POTATOES

Potatoes are root vegetables that grow in the ground. Potatoes can be white, yellow, red or even purple. There are a variety of potatoes including Russet, yellow, red, Yukon gold and German butterball.

HOW DO I MAKE A GOOD SELECTION?

Choose firm potatoes with smooth skin. Avoid potatoes with splits, mold, sprouts, soft spots, bad smell or a green color.


WHAT IS THE PROPER STORAGE?

Store unwashed potatoes in a cool, dark, and well-ventilated place. Use within 3-5 weeks. If potatoes have dirt on them, wipe off with a clean dry towel before storing.

WHY SHOULD I EAT THIS?

Potatoes are a good source of potassium, which helps with muscle movements and keeps your heart healthy. They also contain vitamin C, which helps heal cuts and wounds and supports our immune system.

HOW COULD I USE THIS?

- Boil, bake, roast, microwave, fry, or grill potatoes
- Use in a casserole
- Thinly slice potatoes and bake in the oven to make homemade potato chips
- Make potato salad
- Shred to make hash browns
- Use potatoes to make gnocchi
- Make mashed potatoes
- Bake and top with various toppings
- Add to soups or stews 

Source: food.unl.edu



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to fruits and
vegetables while
encouraging
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Prolonging the Life of Bananas

Would you like to keep bananas from turning brown so fast once you bring them home from the store? Keep bananas a couple of days longer by storing them in the refrigerator after they've reached the desired degree of ripeness stored at room temperature. The outside will turn brown, but they will still be light-colored on the inside.

Another option is to buy bananas in varying degrees of ripeness so they don't all ripen at the same time.

Frozen banana slices work well in all types of smoothies and add extra thickness to the smoothie. One of the easiest ways to freeze banana slices is to:

- Gently rub bananas under cool running water and peel.
- Cut bananas into about ½ inches slices.
- Lay the slices in a single layer on a parchment- or plastic wrap-lined baking sheet (make sure the baking sheet fits in your freezer first!)
- Freeze for a couple of hours until the bananas are frozen solid. They will not darken during this time.
- Remove from baking sheet and place in freezer bags. Return to freezer. 🍓



Source: food.unl.edu

Living Well Wednesday - Fall 2023 Series

Living Well Wednesday is back for a fall '23 series with topics that will be of particular interest to parents and those who work with youth. Please join K-State Research and Extension to learn about vaping, the new epidemic among youth (recording only); how to navigate the teenage years; and why early experiences for babies are so important.

You will find more information about each topic in the series on our website, plus resources and recordings of previous webinars: <https://www.ksre.k-state.edu/fcs/livingwellwed/> Register for the Fall series: [Living Well Wednesday is back for a fall '23 series with topics that will be of particular interest to parent](#)

November 1: Teen Stress and Anxiety: How Worried Do Parents Need to Be?

This program will examine the current state of teen mental health and decipher for parents what is normal teen stress versus when professional help may be needed. Parents want to say the right thing when their child talks about their stresses, but sometimes it is hard to find the words. This will give parents scripts and strategies to talk about these tricky topics. Christy Perez, a licensed clinical counselor, will be available to answer any of those hard questions parents may have.

December 6: Rapid Development of Baby Brains and Why it Matters

Offered in Spanish on Thursday, December 7 at 11 a.m.

This session will describe the importance of early experiences for babies because of their rapid brain development. Discuss the effects of stress and trauma on brain development and actions that provide protective factors for healthy brain development in babies. 🍓



Don't Forget to Clean the Sink!

We use the kitchen sink for food preparation and more. The possibility exists for foodborne illness-causing bacteria to hang out in the sink too. These bacteria could cross-contaminate your food and make you sick!

In a recent USDA study, participants prepared a breakfast meal with raw sausage, shell eggs, and a fruit salad made with cantaloupe they cut up. Among the surfaces tested, the most often contaminated after they finished preparing their meal was the kitchen sink, with 34% of sinks being contaminated. Even scarier, 26% of the samples of cut-up cantaloupe from the fruit salad were contaminated after breakfast prep. The bacteria in the sink or on your hands can cross-contaminate from the sink to other items, including foods that you normally eat raw...this means you'll be eating that bacteria too.

After using your sink to wash or prepare food, clean and sanitize your sink:

- 1) Use warm, soapy water to wash the sink. Wipe it clean with paper towels.
- 2) Use a sanitizer and let air dry. Sanitizers can be homemade (1 tablespoon of liquid chlorine bleach per gallon of water) or use a commercial sanitizer or sanitizing wipes. 🍓

Source: KSRE

The 988 Suicide and Crisis Lifeline is available for 24/7 support by calling or texting 988.

Simply Produce  **K-STATE** | Midway District
 Research and Extension

Ordering/Distribution Dates

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

<i>Place Orders:</i> 11/10 (8am) - 11/15 (Noon)	<i>Pick up Basket:</i> 11/17/23 (Noon - 12:45pm)
<i>Place Orders:</i> 12/8 (8am) - 12/13 (Noon)	<i>Pick up Basket:</i> 12/15/23 (Noon - 12:45pm)
<i>Place Orders:</i> 1/12,(8am) - 1/17/24(Noon)	<i>Pick up Basket:</i> 1/19/24 (Noon - 12:45pm)
<i>Place Orders:</i> 2/9 (8am) - 2/14/24 (Noon)	<i>Pick up Basket:</i> 2/16/24 (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.



Green Beans with Lemon Zest

Serves: 6



Ingredients:

- 2 carrots
- 1 onion, quartered and layers separated
- 1 medium white potato, diced into ½-inch cubes
- 1 medium sweet potato, diced into ½-inch cubes
- 3 to 4 medium fresh beets, peeled and diced into ½-inch cubes
- 4 teaspoons olive oil, canola oil or other salad oil, divided

Dried Herb Mixture

- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary

(Note: You can substitute equal amounts of your favorite vegetables if you see a vegetable that is not your favorite.)

Nutrition Information Per Serving:

Makes six servings. Each serving has 90 calories, 3.5 g fat, 2 g protein, 16 g carbohydrate, 2 g fiber and 420 mg sodium.

Source: ndsu.edu

Directions:

1. Wash hands for 20 seconds with soap and water.
2. Preheat oven to 425 F.
3. Line a large baking sheet with foil and coat with nonstick vegetable spray. With an extra piece of foil, create a separate foil boat to hold the diced beets. Coat with nonstick spray and place it on top of the baking sheet.
4. Combine dried rosemary, dried oregano, and dried thyme in a small dish. Set aside.
5. Remove dry outer layer, quarter and separate onion.
6. Chop carrots into 1-inch-thick pieces.
7. Wash, scrub, peel, and dice white and sweet potatoes.
8. Toss white and sweet potatoes, carrots, and onions with 2¼ teaspoons oil and 2 teaspoons dried herb mixture. Place on baking sheet.
9. Wash, peel and dice beets.
10. Toss beets with 1 teaspoon oil and 1 teaspoon dried herb mixture. (Caution: Beet juice can stain hands, cutting boards and counters). Place beets in foil boat on baking sheet.
11. Bake uncovered for 25 to 30 minutes or until vegetables are soft and the edges are a light brown.
12. Refrigerate any leftovers within 2 hours of serving.
13. Consume or throw out food within 4 days of preparation.

Simply Produce

Simply Produce Ellsworth County brought to you by:

Ellsworth County Medical Center

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Thank you for shopping local!