

April 2024

Simply Produce

Fresh
Produce
Bundle
\$15

Produce Spotlight: BRUSSELS SPROUTS

Brussels sprouts grow as small leafy heads on a large plant stem. They have a similar taste to cabbage, but have more of a mild cabbage flavor.

WHY SHOULD I EAT THIS?

Brussels sprouts are high in potassium which helps regulate fluid balance and muscle contractions. They are a good source of vitamin C, which helps heal cuts and wounds. They are also a good source of vitamin A, which promotes good vision and cell growth.

SELECTION AND STORAGE TIPS:

Choose Brussels sprouts that are firm, compact and bright green. Avoid Brussels sprouts that are damaged and discolored. At farmers markets, Brussels sprouts are most likely sold on the stem.

Store unwashed Brussels sprout heads in a plastic bag in the refrigerator for up to one week.

HOW COULD I USE THIS?

- Toss in olive oil, season to taste, and roast at 400F for 30-45 min for a side dish
- Sauté in olive oil for 6-8 min, then add lemon juice, shredded Parmesan cheese, or garlic
- Boil, steam, roast or microwave Brussels sprouts for a side dish
- Add to a pasta dish
- Add chopped Brussels sprouts to a stir-fry
- Add shaved Brussels sprouts to a salad
- Use Brussels sprouts to make a coleslaw
- Add chopped sprouts to a vegetable pot pie recipe
- Add halved sprouts to a kabob

Source: 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.



Improve Your Gut Health

A happy, healthy gut is important to your overall health. The gut is responsible for digesting food, absorbing nutrients, and eliminating waste. It is made up of the gastrointestinal (GI) tract, including your stomach and your small and large intestines.

About 100 trillion bacterial cells, or microbiota, live within your GI tract. Microbiota help you in various ways, and they can:

- » improve your immune system.
- » help you absorb nutrients.
- » form a protective barrier in your intestine to keep harmful bacteria from latching on.
- » produce natural antibiotic compounds that kill foreign microbes.
- » contribute to formation of new cells in the intestine.

It is important to maintain the right diversity of microorganisms in your gut. Diet, inflammation, illness, stress, and antibiotic use can impact the mix of microorganisms. Imbalance in your gut can result in diarrhea, abdominal pains, and cramping.

Healthy, whole, plant-based foods high in fiber support good gut bacteria, so include whole grains, fruits, vegetables, and legumes in your diet. Here are several more ways to keep your gut in good condition:

- » Eat more prebiotic foods, like oats, barley, wheat, apples, bananas, onions, garlic, broccoli, asparagus, legumes, honey, and nuts. These provide non-digestible dietary fibers and food for the “good” bacteria in the intestine.
- » Eat more probiotic foods that contain live, beneficial microorganisms. Probiotics are naturally found in fermented food products like yogurt, sauerkraut, miso, tempeh, kefir, kimchi, sourdough bread, and fermented vegetables in a water brine.
- » Avoid artificial sweeteners. Studies have shown that artificial sweeteners negatively affect the microbiota and, in turn, work against healthy blood sugar levels.

By eating a diverse range of foods, and maintaining the balance of your gut microbiota, you can realize long-lasting health impacts. Having a healthy gut will improve digestion and absorption of nutrients, boost your immune system, and help protect against chronic diseases like cancer, obesity, and cardiovascular disease. 🍓

Source: KSRE

Feeling Better in 15 Minutes

Feeling stressed? Here are some things to consider:

- *Meditation Break – Sit quietly, close your eyes, and focus on your breathing.
- *Step Outdoors – Take a few minutes to sit in the sunshine, pull some weeds, breath fresh air.
- *Laugh – Watch a clip of your favorite comedian or call a friend who you can laugh with.
- *Write it down – Make a list of what is good in your life right now.
- *Stretch yourself – Gently stretch your neck, shoulders, lower back, thighs, and hips. Stretching lowers stress and sends extra blood to your muscles.
- *Write a thank you note – Share a few words of appreciation with someone who has helped you.
- *Take a walk! – Stroll around the neighborhood where you live or work to lift your mood and bust stress. 🍓

Source: KSRE



Mental Health Minute: Stress Awareness Month

April is recognized as National Stress Awareness Month. Stress can come from anywhere and usually has a negative impact on one's health. Knowing how to manage stress can improve your mental and physical well-being.

The National Institutes of Health provides these tips to manage stress and build resilience:

- 1) Recognize and counter signs of stress.
- 2) Take time for yourself.
- 3) Try new routines.
- 4) Stay connected and make new friends.
- 5) See problems through a different lens.
- 6) Seek help with problems.
- 7) Talk to a health professional if stress is affecting your well-being, you feel you cannot manage the stress you're experiencing, or stress has caused you to engage in or increase substance use.

For detailed descriptions of these steps, please visit www.orwh.od.nih.gov. 🍓

Source: nih.org

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

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: 4/12 (8am) - 4/17/24 (Noon)

Pick up Basket: 4/19/24 (Noon - 12:45pm)

Place Orders: 5/10 (8am) - 5/15/24 (Noon)

Pick up Basket: 5/17/24 (Noon - 12:45pm)

Place Orders: 6/14 (8am) - 6/19/24 (Noon)

Pick up Basket: 6/21/24 (Noon - 12:45pm)

Place Orders: 7/11 (8am) - 7/17/24 (Noon)

Pick up Basket: 7/19/24 (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.



Fish Tacos with Avocado-Mango Salsa

Serves: 4 | Serving Size: 2 Tacos

Ingredients:

- 1 tablespoon ground cumin
- ½ teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon chili powder
- 2 garlic cloves, minced
- 1 pound mahi mahi fillets
- 1 tablespoon olive oil
- 1 cup sliced avocado
- ¾ cup finely chopped peeled ripe mango
- ¼ cup chopped green onions
- ¼ cup finely chopped red onion
- 2 tablespoons finely chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 8 (6-inch) whole-wheat tortillas (can be substituted for corn tortillas)

Nutrition Information per Serving:

(Based on using swordfish filets)

- Serving Size: 2 tacos
- Vegetables: ½ cup
- Fruits: ¼ cup
- Calories: 481 calories
- Carbohydrates: 43 grams
- Fiber: 11 grams
- Protein: 28 grams
- Fat: 23 grams
- Sodium: 750 mg

Source: medinsteadofmeds.com



Directions:

1. Wash hands for 20 seconds with soap and water.
2. Mix together the cumin, salt, paprika, chili powder and garlic and rub over the fish.
3. Heat a large skillet over medium heat. Add olive oil to a hot pan.
4. Add fish to pan and cook for 2 minutes on each side or until done. Remove from heat. Keep warm.
5. In a medium bowl, combine avocado, mango, green and red onions, cilantro, and lime juice to make salsa.
6. Warm tortillas over a hot pan for 30 seconds on each side or until warm.
7. Separate fish into pieces and divide evenly among tortillas.
8. Top with 2 tablespoons of salsa on each taco.

Simply Produce

Simply Produce Ellsworth County brought to you by:

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!