

In Good Health

Johnson County

April 2023
Vol 1 Issue 4

Upcoming Events

Join us for one of our events!

Bread Baking 101

(Registration closed, class is full)

April 20th 6:00 PM - 8:00 PM

Four Course Living

April 10th 11:00 AM - 1:00 PM

April 27th 6:00 PM - 7:45 PM

Kitchen Restore Donation Drive

April 20th 10:00 AM - 12:00 PM



Contact our Extension Master Gardeners

Phone: (913) 715-7050

Email: garden.help@jocogov.org

Scan the QR code or visit
bit.ly/EMFVEvents
to Register!



K-STATE

Research and Extension

Master Food Volunteer
Johnson County

Need a speaker? Have questions about food or nutrition or our classes? Contact Us!

foodhelp@jocogov.org

Featured Article

April is the beginning of spring, when the weather gets warmer, and the sun starts shining brighter. It's a time when nature comes back to life and the world becomes a more beautiful and colorful place. April is also National Gardening Month, which celebrates the joys of gardening and encourages people to get outside and start planting. Gardening is a fun and rewarding activity that can be enjoyed by people of all ages and skill levels. Whether you have a large yard or a small balcony, there are many different ways to start gardening and growing your own tasty plants. Here are three easy tips to get you started:

- 1. Choose the right location:** Vegetables and fruits need plenty of sunlight to grow. Choose a spot in your yard or patio/balcony that gets at least 6-8 hours of direct sunlight each day.
- 2. Prepare the soil:** Good soil is essential for growing healthy vegetables and fruits. Amend your soil with organic matter like compost or aged manure to improve its structure and fertility.
- 3. Plant at the right time:** Different vegetables and fruits have different planting times. Some great options this time of year include tomatoes, peppers, cucumbers, zucchini, blueberries, and strawberries.

You have successfully grown produce in your garden! Now what can you do? If you find yourself with more produce than you can consume, don't let it go to waste. Consider donating to a local food bank or sharing with friends and neighbors. To enjoy your harvest throughout the year, you can also preserve excess produce by freezing or canning. Be sure to follow safe and reliable methods to make the most of your garden's bounty. For more information about food preservation, view our food preservation webpage, call or email us, or sign up to attend our food preservation class in July!

In Good Health,
Jessica Fuentes
NWMSU Dietetic Intern

Recipe of the Month

Tasty Taco Rice Salad

Serves 8

Ingredients

- 1 lb. lean ground beef
- 1 1/2 cups instant brown rice, uncooked
- 2 cups water
- 1 cup onion, chopped
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeño (chopped finely)
- 2 cups spinach or romaine lettuce
- 1 cup 2% fat cheese, shredded



Preparation

- Cook ground meat in a large skillet until brown (160° F). Drain off fat. Rinse meat with water or pat with paper towel to remove the grease.
- Add rice, water, onion, and chili powder to meat in skillet.
- Cover. Simmer over low heat about 15 minutes to cook rice.
- Add tomatoes and jalapeño. Heat for 2-3 minutes.
- Place layers of spinach or romaine lettuce, rice mixture, and cheese on plates. Serve at once.

Tips:

- 2 cans (14.5 ounce) Mexican style tomatoes can be used instead of fresh tomatoes and jalapeño. This will increase the sodium.
- Let grease harden, then put it in the trash.



Nutrition Facts	
8 Servings Per Recipe	
Serving Size: 1 1/2 cups	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 210mg	9%
Total Carbohydrates 19g	6%
Dietary Fiber 3g	12%
Total Sugars 3g	
Added Sugars	NA*
Protein 17g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 27mg	0%

* 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.

Recipe adapted from seasonalandsimple.info



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Fun Food Facts



Did you know that you can make your own compost from leftover fruits and vegetables? Composting is a way to turn food waste into nutrient-rich soil that can be used to grow new plants. By composting, we can reduce the amount of waste that ends up in landfills and help our plants grow strong and healthy! So next time you finish eating a banana or carrot, save the scraps and add them to a compost bin or pile. You'll be doing your part to keep the earth healthy and green!



April 22nd

Kitchen Corner

Starting on May 6th from 8am-12pm, our Master Food volunteers will have a booth at the Lenexa Farmers Market once a month sharing recipe cards and will answer any food and nutrition questions you have! With spring in full swing, now is the perfect time to check out your local farmer's market. You enjoy the fresh air and vibrant atmosphere while also finding delicious, nutrient-dense produce. Here are tips for shopping safely at farmer's market:

1. Fresh produce should not have cuts or nicks. Cut or peeled produce should be surrounded by ice.
2. Keep raw meat separate from other foods and use a cooler or insulated bag to transport perishable foods, especially on hot days or if it takes more than an hour to get home.
3. Refrigerate perishable items within two hours of purchasing to prevent pathogen growth. Wash produce under running water before eating or cooking.