

In Good Health

Johnson County

March 2024
Vol 2 Issue 3

Upcoming Events

Join us for a class, visit us at an event!

Kids Class: Bake Sale Success

Mar 9 | 10:00-12:00 PM

Lunch & Learn: From Farm to Table

Mar 13 | 12:00-1:00 PM

Dig Your Dinner: Spilling the Beans

Mar 20 | 12:00 PM - 1:00 PM (virtual)

Kitchen Restore Donation Drop Off

Mar 21 | 10:00-12:00 PM

Apr 6 | 10:00-12:00 PM

Four Course Living Cooking Class

(for individuals with disabilities)

Mar 28 | 6:00-7:45 PM

Walk Kansas 2024

Mar 31 - May 25

(Registration Opens Mar 1)

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

The theme for National Nutrition Month® this year is 'Beyond the Table' highlights the farm-to-table (also called farm-to-fork) movement focusing on sourcing local and nutritious foods. If you did not grow up on a farm or know much about agriculture it may be easy to think that milk comes from a carton or blueberries comes from the store, but the reality is nearly everything we consume started from a farm. The path food takes to get from the farm to your table has usually 5 steps: farm, packaging/processing, distribution, retail/grocery, and table.

There are many benefits to the farm-to-table including supporting local economy and supporting local farmers, consuming fresh and nutritious foods, and may have a positive impact on the environment due to less shipping and transportation of goods. It is estimated that food in the United States travels about 1,500 miles to get to market and your table. Sourcing food locally can help significantly reduce how far your food has traveled before it is on your plate. Another benefit is that you can develop a relationship with the farmer and ask questions about their practices and methods to learn more about how the food you are consuming is grown.

So how can you begin to join the farm-to-table movement? Be a regular at your local farmers market, grow your own food in a community garden or your backyard, join a community supported agriculture (CSA) group, visit a U-pick farm, check out the KC Food Circle™ Directory to find farmers and products within 120 miles of Kansas City, and download the K-State Research and Extension publication MF2647 Buying Guide for Kansas-Grown Fruits and Vegetables to help navigate which fruits and vegetables are likely to be available in your local farmers markets throughout the year.

In Good Health,
Chelsea Reinberg, MPH, RD
Nutrition, Food Safety & Health Agent

Recipe of the Month

Teriyaki Cauliflower Power Bowls

Serves 4

Ingredients

- 1 medium head cauliflower, cut into florets
- 2 Tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1/2 cup water
- 1 Tablespoon cornstarch
- 1/2 cup low sodium tamari or soy sauce
- 2 Tablespoons brown sugar
- 1 Tablespoon minced fresh garlic
- 2 Tablespoons hoisin sauce
- 2 Tablespoons rice vinegar
- 2 cups cooked brown rice, quinoa, or farro
- 1 cup frozen and thawed shelled edamame
- 2 cups shredded red cabbage
- 1/3 cup thinly sliced green onion



Preparation

1. Preheat oven to 425 degrees F. Toss cauliflower florets with olive oil and salt. Spread evenly on a lined baking sheet. Bake 30 minutes, or until roasted, stirring once halfway through.
2. Place water and cornstarch in a small bowl and whisk to combine. Set aside.
3. Heat tamari or soy sauce, brown sugar, garlic, hoisin, and rice vinegar in a small saucepan over medium heat. Cook until sugar dissolves, stirring often. Add cornstarch mixture and bring sauce to a boil, whisking often to avoid burning. Reduce heat to low and simmer until sauce has thickened, about 2 to 3 minutes. Remove from heat.
4. Remove cauliflower from oven and brush with half of the teriyaki sauce. Place back in the oven until cauliflower is caramelized, about 10 minutes.
5. Divide grains, cauliflower, edamame, and red cabbage evenly between 4 bowls. Spoon remaining teriyaki sauce evenly over the bowls and top with sliced green onions.

Contact us for nutrition information

Fun Food Facts

Load up on Spinach on March 26th in honor of National Spinach Day!

Popeye the Sailor was onto something when he got superhuman powers from eating spinach. This character helped spinach consumption increase by 33% during the 1930's and kids ranked it as their 3rd favorite food. The popular vegetable was the first frozen vegetable to be marketed in 1949. Spinach is still consumed by many today and still helps keep us healthy.

Kitchen Corner

Do you want to eat more farm-to-table but need inspiration and techniques on how to cook basic foods like fruits, vegetables, and meats? Join Register Dietitian Nutritionist Chelsea Reinberg on March 14 from 12-1:00pm for a lunch and learn tasty new dishes. The class will focus on using produce, spices, and cooking techniques to add flavor to your dishes. Register here: <https://www.johnson.k-state.edu/classes-events/index.html>

Additional tips to making the shift to farm-to-table:

1. Know what is in season.
2. Make small changes to where you buy some of your produce.
3. Cook more and eat less processed prepared foods.
4. Take a tour of a local farm.