

Roving Pantry

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From Our Hearts
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Enjoy The Fall Season!!

The benefits of pumpkin and pumpkin seeds are year round. However, there is never a better time to enjoy pumpkins than during the fall!

Although pumpkins are most popular for carving into Jack-O-Lanterns for Halloween decorations, many people will also roast the seeds, but often throw away the pulp. Instead, keep both the seeds and the pulp and make some new recipes this year.

Benefits of Pumpkin

Pumpkins have significant nutritional value. A 1 cup serving of raw pumpkin has only 30 calories, 0 fat and cholesterol, 1 gram of dietary fiber and only 8 grams of carbohydrates. This low calorie food also offers lots of vitamins, including Vitamins A, B6, C and E. Pumpkins are high in magnesium, phosphorus, iron, folate, niacin and thiamin. The list also includes beta carotene, lutein and zeaxanthin.

How Do All These Great Ingredients Benefit You?

The lutein and zeaxanthin can help prevent the formation of cataracts and reduces the risk of macular degeneration. The beta carotene can help prevent night blindness and other eye problems. It also helps enhance your immune system, and protects against colds, flu and infections. It is also believed to reduce the risk of cancer. Magnesium can help strengthen the formation of teeth and bones. Magnesium also aids your heart by helping stabilize the rhythm of your heart and prevents abnormal blood clotting.

Benefits of Pumpkin Seeds

Pumpkin seeds are also called pepitas.

They are dark green, flat seeds and are sometimes enclosed in a yellow-white husk. The pumpkin, like cantaloupe, cucumber and squash, belong to the gourd family. Like the raw pumpkin, the pumpkin seed benefits are many. With similar nutrients like magnesium, phosphorus and iron, the pumpkin seeds are a very healthy food and make for a yummy and fun snack.

Prostate Health

Pumpkin seeds help promote a healthy prostate and minimize the issues such as urination problems due to an enlarged prostate. Prostate problems are most common in men over fifty.

Arthritis Relief

Preliminary results in a recent study showed that pumpkin seeds have some of the same anti-inflammatory benefits as non-steroid drugs.

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The Benefits Of Pumpkin, Seeds

Lower Cholesterol

Another known benefit of pumpkin seeds is their ability to help lower LDL, or “bad,” cholesterol. This is because the seeds have phytosterols which have been shown to not only help lower cholesterol, but help protect against certain cancers.

Making Pumpkin Seeds

Although you can buy pumpkin seeds already dried and seasoned, baking your own seeds is much less expensive and a lot more fun.

Scoop out the seed from inside the pumpkin.

Using a paper towel, lightly pat the seeds and remove any pulp.

Spread seeds evenly on a paper bag and dry them overnight.

Place them in a single layer on a cookie sheet.

Preheat the oven to 160 – 170 degrees F
Bake for 15-20 minutes.

You can add seasoning like garlic powder, onion powder or salt and pepper for extra flavor.

By baking at a low temperature, you are more likely to preserve the essential oils and get all the health benefits of your pumpkin

seeds. You can add your seeds to your favorite salads, sprinkle in your soup or chili, add to your sautéed veggies or just eat them as is.

Recipe of the Month: Dilled Peas

Packaged instant mashed potatoes (enough for two servings)
1 slightly beaten egg yolk
1/4 cup shredded cheddar cheese (one ounce)
1 8 1/2-oz. can peas
Dried dillweed
Two teaspoons butter

Prepare potatoes according to package directions. Combine potatoes and egg yolk; stir in cheese. Spoon in two mounds onto greased baking sheet. Using back of spoon, share into two nests. Drain peas; spoon into nests. Sprinkle with dill; dot with butter. Bake in 325 degree oven for 40 to 45 minutes. Makes two servings.



Seasonal Fruits and Vegetables

Here is a list of fruits and vegetables that should be plentiful during October. May we suggest you consider these items when placing your grocery order?

Apples

Beans

Berries

Carrots

Cauliflower

Celery

Corn on the cob

Cranberries

Cucumbers

Dry Onions

Garlic

Grapefruit

Grapes

Green Beans

Green Onions

Honeydews

Kale

Kiwi

Leaf Lettuce

Lemons

Lettuce

Limes

Mangoes

Mushrooms

Nectarines

Okra

Onions

Pears

Peppers

Persimmons

Pomegranates

Potatoes

Pumpkins

Radishes

Salad (pre-bagged)

Squash

Sweet Potatoes

Tangerines

Tomatoes

