

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



October, 2018

## The Health Benefits Of Avocados

### 1. Protein

Avocados provide all 18 essential amino acids necessary for the body to form a complete protein. Unlike the protein in steak, which is difficult for most people to digest, avocado protein is readily absorbed by the body because avocados also contain fiber.

### 2. Beneficial Fats

Avocados provide the healthy kind of fat that your body needs. Like olive oil, avocados boost levels of HDL (the "good" cholesterol). HDL cholesterol can help protect against the damage caused by free radicals. This type of cholesterol also helps regulate triglyceride levels, preventing diabetes. A study published in the Canadian Medical Association Journal found that a vegetarian diet, which includes HDL fats, can reduce levels of LDL (the "bad" cholesterol) as effectively as statin drugs.

### 3. Carotenoids

Avocados are an excellent source of carotenoids. Although many people associate carotenoids only with red and orange produce, avocados are also an excellent source of this phytonutrient. Avocados, also known as alligator pears, offer a diverse range of carotenoids including not only the better known ones such as beta-carotene, alpha-carotene and lutein, but also lesser known varieties of this type of phytonutrient such as neoxanthin, zeaxanthin, chrysanthemaxanthin, neochrome, beta-cryptoxanthin and violaxanthin. Every time you consume foods rich in carotenoids, you deliver high quality vitamin A to your body, thereby protecting eye health. Carotenoids also enhance the functioning of

the immune system and the reproductive system. Since carotenoids are fat soluble, eating avocados optimizes the absorption of these nutrients.

### 4. Anti-Inflammatory

The combined effect of the nutrients contained in avocados offers powerful anti-inflammatory benefits. Avocados' unique combination of Vitamins C and E, carotenoids, selenium, zinc, phytosterols and omega-3 fatty acids helps guard against inflammation. This means avocados can help prevent or mitigate against both osteo- and rheumatoid arthritis.

### 5. Heart Health

The fat content actually provides protection against heart diseases. Studies have shown that oleic acid improves cardiovascular health. Oleic acid is the primary fatty acid in avocados. Avocados are rich in omega-3, delivering 160 milligrams per cup of alpha-linolenic acid.

### 6. Choosing and Eating

To get the most nutritional value from avocados, avoid those which have become over-ripe. You can identify these at the store because they will have dents and feel overly soft when you hold them. A ripe avocado should have no dents in its skin and will feel slightly soft when squeezed. You can also buy unripe avocados, which feel very hard when gripped, and permit them to ripen at home. The portion of the avocado closest to the skin is the most dense in nutrients, so be sure to scrape the skin clean before discarding it.

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## Recipe of the Month: Butternut Squash Fall Salad

10 ounces butternut squash (frozen or fresh)  
1 teaspoon virgin coconut oil  
¼ teaspoon cinnamon  
¼ teaspoon salt  
3 cups arugula and spinach greens  
2 tablespoons pumpkin seeds (raw)  
1 teaspoon fresh orange zest  
1 orange (sliced/peeled)  
1 tablespoon fresh orange juice  
2 sage leaves (fresh, torn)  
1 tablespoon tahini  
2 teaspoons maple syrup (grade B)  
1 tablespoon lemon juice (or orange, or apple cider vinegar)  
3 tablespoons water (optional)

Warm a skillet over high heat. Add the coconut oil. When oil is hot, add the squash and splash of water. Allow to cook until the squash is tender and cooked through, but not mushy.

- Sprinkle the cinnamon, orange zest and salt over top. Tear the sage leaf into tiny bits and add it to the pan. Fold the squash with these seasonings.
- Push the squash to one side of the pan. Add the pumpkin seeds to the dry side of the pan, along with the orange juice and maple syrup. Let them sizzle for a minute or two. Then gently fold the seeds and seasoned squash all together, allowing all the flavors to combine. Turn off heat. Optional: toast two small sage leaves in the hot pan to be

used as a "fried sage" garnish.

- Combine the dressing ingredients together.
- Drizzle 2 tsp of the dressing over top the salad greens. Then add the orange slices around the edges of the serving bowl. Finally, add a large generous portion of the skillet butternut squash and pumpkin seed mixture to the center. Then add more dressing over top.

### Pantry Protocol

To speed up our service to you, please **have your grocery orders ready on your assigned day**. Our goal is to deliver quality service to all our clients. If you ever have a problem with your order or suggestions to improve our service, please **call us at 267-4378**. Please note: All returned checks will be charged a \$15 service charge. Please send your coupons to us with your driver. We will use them to help all of our clients save money on their orders.

If an emergency arises AFTER you have placed your order, and you know you will not be home to receive your order, please call Dillons at 681-6830 and leave me a message the day or night BEFORE your scheduled delivery day.

Thank you for your assistance.

-Opal Smith

## 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	Green Beans
Beans	Green Onions
Berries	Kale
Broccoli	Kiwi
Brussel Sprouts	Leaf Lettuce
Cabbage	Lemons
Carrots	Lettuce
Cauliflower	Limes
Celery	Mushrooms
Cranberries	Okra
Cucumbers	Onions
Dry Onions	Parsley
Eggplant	Parsnips
Garlic	Pears
Grapefruit	Peppers
Grapes	Persimmons

Pomegranates
Potatoes
Pumpkins
Radishes
Salad (pre-bagged)

Squash
Sweet Potatoes
Tomatoes
Turnips

