

# Roving Pantry

## *Shopping and Delivery From Our Hearts to Your Home*

### Healthy Spring Foods & How To Use Them

Spring is here! The days are getting longer, the air is getting fresher, and everyone seems to be in a good mood. This changing of the season marks a time for all things to come alive and experience renewal. We are inherently attuned to the environment and are meant to eat the foods that grow around us. In spring those foods include a wide array of vegetables and fruit that will make you feel nourished while also gently cleansing and resetting your digestive and immune systems.

• **Artichokes:** Available in both spring and fall, artichokes are rich in folic acid, vitamin C, B-complex vitamins, and many minerals. These nutrients help lower cholesterol, ensure healthy pregnancies in women, reduce free radicals, and ensure optimal metabolic cell function.

How to eat them: There is an art and science to the basic way of cooking an artichoke, I like to boil it for about 20 minutes then peel off and eat the leaves (well, use my teeth to scrape the bottom edible part of the leaves) after I dip it in garlic infused extra virgin olive oil.

• **Carrots:** We're all familiar with this classic vegetable but when they're in season locally carrots are absolutely delectable. Rich in vitamin A and other antioxidants, they're great for maintaining healthy hair, skin, and nails, and are therefore considered an "anti-aging" food, plus they're a powerful cancer-fighter.

How to eat them: I love to eat them raw and you can play around with many different ways of chopping, slicing, or shredding them onto anything from salads to sandwiches or tacos. You can even spiralize them as an alternative to zucchini to make healthy "pasta." They're also the perfect travel snack and are great

dipped into nut butter.

• **Strawberries:** Is there anything better than biting into a fresh, ripe, fragrant, and delicious strawberry in late spring/early summer? This decadent food is a healthy indulgence because it is among the top five sources of antioxidant-rich fruit in the U.S. Despite being a fruit and containing fructose, strawberries can actually help balance blood sugar, and the polyphenols they contain will support immunity, healthy cell renewal, and many other functions.

How to eat them: Aside from eating them raw, you can freeze them (just cut the stems off before freezing) and add them to smoothies, you can melt dark chocolate over a double-boiler to dip them into and then freeze with a chocolate coating for dessert. You can also put them on your chia pudding or oatmeal, or make a quick jam by chopping them up and simmering in a bit of water with a cinnamon stick and then adding some vanilla extract and maple syrup at the end.

• **Radishes:** A great detoxifier, radishes are great at removing waste and toxins from both the stomach and liver. They are also a natural diuretic and help treat urinary and kidney conditions, not to mention fight cancer, hydrate your skin, reduce fevers, and even treat insect bites.

How to eat them: I love them sliced thin with a handheld mandolin for a raw salad, and you can also roast them, add them to a quinoa salad like a Mediterranean Herb Quinoa Salad, or even juice them.



March, 2019



## Recipe of the Month:

### Spring Onion and Chicken Stir-Fry

- 8 ounces uncooked angel hair pasta
- 2 tsp chili oil
- 4 chicken breast tenders, halved
- ¼ cup low-sodium chicken broth
- 1 Tbsp brown sugar
- ¼ tsp salt
- 2 Tbsp low-sodium soy sauce
- 1 cup sliced green onions (about 4)
- 1 ½ cups fresh bean sprouts

**Cook** pasta according to package directions, omitting salt and fat. Drain well.

**Add** oil to a 10-inch nonstick skillet, and place over medium-high heat until hot. Add chicken, stir-fry 5 minutes or until done. Remove chicken from pan; keep warm.

**Combine** broth and next 3 ingredients(brown sugar, salt and soy sauce), and stir well with a whisk.

**Add** green onions to pan; stir-fry

1 to 2 minutes or until lightly browned. Return chicken to pan. Stir in broth mixture, drained pasta, and bean sprouts.

*Yield: 4 (2-cup) servings.*

### 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 of our clients. If you ever have a problem with your order, such as receiving wrong items, being overcharged, any questions or any 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 Millions 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 March. May we suggest you consider these items when placing your grocery order?

Apples	Garlic
Artichokes	Grapefruit
Asparagus	Green Beans
Avocados	Green Onions
Beans	Kale
Blueberries	Kiwi
Broccoli	Lemons
Brussel Sprouts	Lettuce
Cabbage	Limes
Cantaloupes	Mushrooms
Carrots	Okra
Cauliflower	Onions
Celery	Oranges
Cucumbers	Parsley
Dry Onions	Parsnips
Eggplant	Pears

Peppers	Squash
Potatoes	Strawberries
Radishes	Sweet Potatoes
Rhubarb	Tangerines
Salad (pre-bagged)	Tomatoes
Spinach	Turnips

