

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



May, 2019

5 Super Fruits With Super Nutrients

Grapefruit is one of the healthiest citrus fruits. Besides being a good source of vitamins and minerals, it is known for its ability to aid weight loss and reduce insulin resistance. Also, eating grapefruit has been shown to reduce cholesterol levels and help prevent kidney stones.

Avocado is different from most other fruits. Most fruits are high in carbs, while avocado is low in carbs and comprised mainly of healthy fats. The majority of the fat in avocado is oleic acid, a monounsaturated fat linked to reduced inflammation and better heart health. In addition to healthy fats, avocados are loaded with potassium, fiber and magnesium. One whole avocado provides 28% of the RDI for potassium. Adequate potassium intake is associated with reduced blood pressure and a lower risk of stroke.

Apples are among the most popular fruits, and also happen to be incredibly nutritious. They contain a high amount of fiber, vitamin C, potassium and vitamin K. They also provide some B vitamins. Studies suggest that the antioxidants in apples can promote heart health and reduce the risk of type 2 diabetes, cancer and Alzheimer's. Another notable health benefit of apples is their pectin content. Pectin is a prebiotic fiber that feeds the good bacteria in your gut and helps improve digestion and metabolic health.

Oranges are another of the most popular and nutritious fruits in the world. Eating one medium orange will

provide a significant amount of vitamin C and potassium. They're also a good source of B vitamins, such as thiamine and folate. The plant compounds in oranges are responsible for most of their health benefits. These include flavonoids, carotenoids and citric acid. For example, citric acid may reduce the risk of kidney stones. Oranges are similar to lemons with their impressive amounts of vitamin C and citric acid, which help increase iron absorption and prevent anemia.

Watermelon is high in vitamins A and C. It is also rich in some important antioxidants, including lycopene, carotenoids and cucurbitacin E. Some of watermelon's antioxidants have been studied for their anti-cancer effects. Lycopene intake is linked with a reduced risk of cancers of the digestive system, while cucurbitacin E may inhibit tumor growth. Consuming lycopene-rich foods can also promote heart health because of their ability to reduce cholesterol and blood pressure. Of all the fruits, watermelon is one of the most hydrating. It is made up of 92% water, which can help you feel more full. (<https://www.healthline.com/nutrition/20-healthiest-fruits#section21>)



Recipe of the Month:

Roasted Butternut Squash With Grapes & Rosemary

- 1 to 1 ½ pounds butternut squash, peeled, seeded & cut into ¾ inch cubes (about 3 cups)
- 2 cups seedless red grapes (about 12 ounces)
- 1 medium red onion, peeled & sliced into thick wedges
- 2 Tbsp extra-virgin olive oil
- 2 tsp minced fresh rosemary
- Kosher salt & ground black pepper

Heat oven to 425F. Line a heavy duty rimmed baking sheet with parchment paper. **Combine** squash, onion & grapes and drizzle with olive oil in large bowl. Toss to coat.

Sprinkle with rosemary, salt, pepper and toss again. Transfer to a baking sheet, distributing the mixture into a single layer.

Roast, stirring with a metal spatula once or twice, until the squash is well caramelized on the outside and tender throughout, about 40 minutes. Taste for salt and pepper.
Serve hot or warm.

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 Dillions 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 May. May we suggest you consider these items when placing your grocery order?

Apples	Eggplant	Peaches	Spinach
Artichokes	Garlic	Pears	Squash
Asparagus	Grapefruit	Peppers	Strawberries
Avocados	Green Beans	Potatoes	Sweet Potatoes
Beans	Green Onions	Radishes	Tomatoes
Blueberries	Kale	Rhubarb	Turnips
Broccoli	Kiwi	Salad (pre-bagged)	Watermelon
Brussel Sprouts	Lemons		
Cabbage	Lettuce		
Cantaloupes	Limes		
Carrots	Mushrooms		
Cauliflower	Okra		
Celery	Onions		
Corn on the Cob	Oranges		
Cucumbers	Parsley		
Dry Onions	Parsnips		

