

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



June 2019

## Keep Cool This Summer With These Heat Busting Foods

**Cucumbers** are 95 percent water and a great addition to the summer diet. They are super hydrating and low in calories as well. Moreover, cucumbers are rich in potassium, magnesium, and fiber. These nutrients can lower the blood pressure. Cucumbers are considered a great beauty enhancer when it comes to dry skin and reducing dark circles under the eyes.

**Tomatoes** are one of the top sun protection super foods. Lycopene, the natural pigment that makes tomatoes red can increase sun protection. Eating five tomatoes a day could help protect against sunburn and skin ageing. At the same time, tomatoes are great source of many vitamins including Vitamins A, C, and K.

**Leafy greens** contain plant pigments lutein and zeaxanthin that may help prevent strokes, heart disease and breast and lung cancer. Green leafy vegetables are packed full of antioxidants. They are rich in vitamin A – good for building your body's natural defense, vitamin C for healthy skin and bones and vitamin K to help your body heal itself quickly when necessary. Enriched with various minerals, vitamins, dietary fiber and contain zero fats, leafy greens are essential when it comes to weight loss.

**Carrots** have beta-carotene which reduces reaction to sunburns.

They are also rich in vitamins, minerals and fiber. Vitamin A helps protect the surface of the eye and contributes to strong vision, while Vitamin C provides an immune system boost, helping you get through cold and flu season. In addition, carrot juice increases metabolism.

**Avocados** are an excellent source of antioxidants, essential fatty acids, minerals, and vitamins. The natural oils in avocados perfectly moisturizes the dry skin. They are rich in vitamins that prevent and reduce wrinkles. The vitamin A in avocados moisturizes your skin while its vitamin E helps your skin produce collagen.

**Bananas** are an astringent food, which means it causes your tissue to shrink, allowing for the absorption of more water which cools your core. Bananas are a great cooling snack if you're on the go and need something quick to boost your energy and cool you down.

**Yogurt** contains many quality amino acids, an US study recommends a higher intake of yogurt proteins among elderly to maintain muscle mass and strength and to improve bone and cardiovascular health. Yogurt also has a higher water content and will be able to keep you cool this

summer. (<https://spoonuniversity.com/lifestyle/13-foods-that-will-keep-you-cool-for-the-summer> and <https://www.azernews.az/lifestyle/135992.html>)

## Recipe of the Month: Little Chicken Meatballs With Asian Flavors

- 1 ¼ pounds ground chicken
- 1 egg white
- 3 green onions, chopped
- 2 garlic cloves, finely chopped
- 1 Tablespoon cornstarch + extra for rolling meatball
- Splash soy sauce or tamari
- Pinch red pepper flakes
- ½ cup peanut or vegetable oil

In a food processor, **combine** ground chicken, egg, onions, garlic, 1 TBSP of cornstarch, red pepper flakes and soy sauce, blend until smooth. **Shape** about 1 inch in diameter. **Roll** the meatballs in a little extra cornstarch. In a large skillet over high heat, heat oil and add meatballs. **Cook** over medium heat until golden brown and cooked through, turning as necessary. **Skewer** each meatball with a little toothpick and serve with Ginger Dipping Sauce.

### Ginger Dipping Sauce

- 5 Tablespoons water
- 1 Tablespoon finely grated ginger
- 1 Tablespoon finely minced garlic
- 1 Tablespoon dark sesame oil
- 5 Tablespoons soy sauce
- 2 Tablespoons finely minced scallion

- 2 Tablespoons chopped cilantro
- 2 Tablespoons lime, lemon or orange juice
- 2 Tablespoons freshly chopped mint
- pinch of red chili flakes

**Combine** all the ingredients and stir well. **Taste** and adjust seasoning before serving.

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

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

