

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



**March 2020**

## **5 Powerful Health Benefits of Asparagus You Probably Didn't Know**

Asparagus can help fight cancer, is good for your brain and can help you slim down. Read more about asparagus nutrition and the benefits of eating asparagus.

### **1. It's Loaded with Nutrients and Nutrition Benefits**

Asparagus is a nutrient-packed vegetable. It is a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. That's good news if you're watching your blood sugar. In addition to all those vitamins, 1 cup of cooked asparagus has 40 calories, 4 grams of protein, 4 grams of fiber and 404 milligrams of potassium.

### **2. It Can Help Fight Cancer**

This herbaceous plant-along with avocado, kale and Brussels sprouts-is a particularly rich source of glutathione, a detoxifying compound that helps break down carcinogens and other harmful compounds like free radicals. This is why eating asparagus may help protect against and fight certain forms of cancer, such as bone, breast, colon, larynx and lung cancers.

### **3. Asparagus Is Packed with Antioxidants**

It's one of the top ranked fruits and vegetables for its ability to neutralize cell-damaging free radicals. This may help slow the aging process and reduce inflammation.

### **4. Asparagus Is a Brain Booster**

Another anti-aging property of this

delicious spring veggie is that it may help our brains fight cognitive decline. Like leafy greens, asparagus delivers folate, which works with vitamin B12-found in fish, poultry, meat and dairy-to help prevent cognitive impairment. In a study from Tufts University, older adults with healthy levels of folate and B12 performed better on a test of response speed and mental flexibility. (If you're 50-plus, be sure you're getting enough B12: your ability to absorb it decreases with age.)

### **5. It's a Natural Diuretic**

It contains high levels of the amino acid asparagine, which serves as a natural diuretic, and increased urination not only releases fluid but helps rid the body of excess salts. This is especially beneficial for people who suffer from edema (an accumulation of fluids in the body's tissues) and those who have high blood pressure or other heart-related diseases.

**Source:** <http://www.eatingwell.com/article/17129/5-powerful-health-benefits-of-asparagus-you-probably-didnt-know/>

### **Donated items**

We have received several donated blankets and lap type blankets so if you have a need for one, call 267-0122. Due to the limited quantities, we cannot guarantee that everyone who calls will receive a blanket.

**Please call 267-0122 if you would like information on our Meals on Wheels Program**

## Recipe of the Month:

### Oriental Chicken and Corn Soup

- 1/2 pound skinless, boneless chicken breast halves, cut into 1/8-inch-thick strips
- 4 cups plus 2 tablespoons fat-free, less-sodium chicken broth, divided
- 1 1/2 teaspoons dark sesame oil, divided
- 3 tablespoons cornstarch, divided
- 2 garlic cloves, minced
- 1 tablespoon grated peeled fresh ginger
- 1 1/2 cups fresh corn kernels (about 2 ears)
- 1/4 cup water
- 1 large egg, lightly beaten
- 2 tablespoons sliced green onions

**Combine** chicken, 2 tbs. chicken broth, 1/2 tsp. sesame oil, and 1 tbs. cornstarch in a medium bowl. **Heat** 1/2 tsp. sesame oil in a large nonstick skillet over high heat; add garlic and ginger, and sauté 10 seconds. Add chicken mixture, and sauté 2 minutes. Add 4 cups broth; cover and bring to boil. Add corn; reduce heat, and simmer 10 minutes. **Combine** 2 tbs. cornstarch and water; add to soup, and stir until mixture comes to a boil. Slowly pour beaten egg into boiling soup; stir about 30 seconds or until thin strands are formed. Stir in 1/2 tsp. sesame oil. Sprinkle with green onions.

## Pantry Protocol

To speed up our service to you, **please have your grocery orders ready on your assigned day before 10am.** 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 cooperation.

- *Opal Smith*

## Seasonal Fruits and Vegetables

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

Apples	Grapefruit	Plums	Squash
Artichokes	Green Beans	Potatoes	Sweet Potatoes
Asparagus	Green Onions	Radishes	Tangerines
Avocados	Kale	Rhubarb	Tomatoes
Beans	Kiwi	Salad (pre-bagged)	Turnips
Broccoli	Lemons	Spinach	
Brussel Sprouts	Lettuce		
Cabbage	Limes		
Cantaloupes	Mushrooms		
Carrots	Onions		
Cauliflower	Oranges		
Celery	Parsley		
Cucumbers	Parsnips		
Dried Onions	Pears		
Eggplant	Peppers		
Garlic	Pineapples		

