

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



May 2020

How to Plant and Care for Tomatoes

- Tomatoes run on warmth. Devote a prime, sunny spot to growing tomatoes. Tomatoes need at least 6 to 8 hours of sun to bring out their best flavors.
- You will need to stake, trellis, or cage most tomato plants to keep them off the ground.
- Give each plant enough room to grow. Space robust, long-vined, indeterminate varieties about 3 feet apart. Stockier determinate plants can be grown 2 feet apart. If growing in containers, you'll need at least a 24-inch pot for an indeterminate variety, or an 18-inch pot for a determinate variety.
- Tomatoes take up nutrients best when the soil pH ranges from 6.2 to 6.8, and they need a constant supply of major and minor plant nutrients. To provide needed nutrients, mix a continuous-release fertilizer with calcium. At the same time, mix in 3 to 4 inches of compost, which will provide minor nutrients and help hold moisture and fertilizer in the soil until it is needed by the plants.
- Immediately after planting, water seedlings to help settle them in.
- Cover the ground with 2 to 4 inches of mulch to minimize weeds and help keep the soil evenly moist. Straw and shredded leaves make great mulches for tomatoes.
- Water regularly, aiming for at least an inch of moisture per week (through rain or watering), more in the summertime. Feel the soil; if the top inch is dry, it's time to water.

SOURCE: <https://bonnieplants.com/how-to-grow/growing-tomatoes/>

Tomatoes are great in salads through the summer! You might want to toss up a great salad for Mother's Day!

May is also National Salad Month and with the warmer weather here, there's no better time to mix up a great salad. A salad can pack in many nutrients, antioxidants, phytochemicals and fiber in just one bowl. Nutrients in this bowl include potassium, magnesium, iron, calcium, fiber, Vitamins - A, B, C, E, K, and more depending on your fixings. Start with the greens like iceberg lettuce, spinach, kale or bagged lettuces. Add your favorite veggies for flavor and crunch - cucumbers, tomatoes, radishes, peppers, cauliflower, etc. Fruits like Mandarin oranges, grapefruit, and berries add a sweetness to your salad. Next layer on some protein like cheese. Try some plant protein such as beans. These add protein, fiber and flavor to any salad. Fish or left over meats like tuna and chicken are also great sources of protein. Finally, mix together and add the dressing. Be careful, dressing can add an extra 150-200 calories. Happy Mother's Day and here's to a great salad!

Senior Services wishes to thank our devoted Roving Pantry clients for the continued donations through the COVID-19 crisis. Your support is deeply appreciated! Thank you again, stay home and stay safe!

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

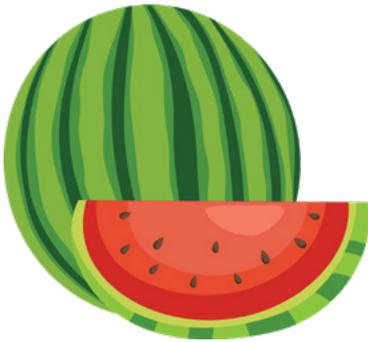
Recipe of the Month:

Melon with Strawberry Sauce

Get watermelon cubes from the grocery store salad bar or in the produce section.

- 4 cups cubed seeded watermelon
- 1 1/2 cups sliced strawberries
- 3 tablespoons orange juice
- 2 tablespoons sugar

Place 1 cup melon in each of 4 dessert dishes. **Combine** strawberries, orange juice, and sugar in a food processor or blender; process until smooth. To serve, spoon sauce evenly over melon. Yield: 4 servings.



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

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

