

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



August 2020

10 Refreshing Facts About Watermelon

August 3 is National Watermelon Day! Here are some tasty facts about this colorful, summertime treat.

1. Watermelons Are Both A Fruit And A Vegetable.

Thanks to their sweet taste, watermelons are most commonly considered a fruit. And they do grow like fruit, but watermelon is classified as part of a botanical family of gourds that includes other culinary vegetables.

2. You Can Eat The Entire Fruit.

We tend to focus on the melon's succulent flesh, watermelon rinds are also edible—as well as full of nutrients with surprising health benefits.

3. They're Called Watermelons For A Reason.

They're 92 percent water, making them a perfect refresher for those hot summer months.



4. They Come In 1200 Different Varieties.

To make classification a little easier, however, watermelons tend to be grouped into four main categories: seeded (or picnic), seedless, icebox (also known as mini, or personal size) and yellow/orange.

5. The Seedless Ones Are Not Genetically Engineered.

Seedless watermelons are the result of hybridization, a perfectly natural phenomenon. Those white "seeds" you find in your seedless slices are actually empty seed coats and are perfectly safe to eat.

6. Watermelons Can Grow To Be Really, Really Big.

The heaviest watermelon to date was grown by Guinness World Record holder Chris Kent, of Sevierville, Tennessee, in 2013. A Carolina Cross, it weighed in at 350.5 pounds.

7. Watermelons Can Help Prevent Cancer.

Watermelons are a great source of lycopene, an antioxidant that's been shown to reduce the risk of several types of cancers, including prostate, lung, and stomach.

8. Farmers In Japan Have Perfected The Art Of Growing Them In Odd Shapes.

In Japan, farmers have been growing cube-shaped watermelons for the past 40 years. More recently, farmers have grown watermelon in the shape of hearts as well as pyramids and human faces.



9. One South Carolina Family Kept An Heirloom Variety Alive For Almost 100 Years.

The unusually sweet Bradford was one of the most sought-after varieties of watermelon the South has ever seen. But its soft skin made it hard to transport, and proved to be commercially unviable. It would have disappeared completely had the Bradford family not kept it alive for multiple generations.

10. They're The Official State Vegetable Of Oklahoma.

In 2007, the Oklahoma State Senate honored its then-14th biggest crop by voting 44-2 to make it the state vegetable. (Why not fruit? That distinction was already given to the strawberry.)

Source: <https://www.mentalfloss.com/article/81904/10-refreshing-facts-about-watermelon>

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

Recipe of the Month:

Nutty Brown Rice

- 1 package boil-in-bag rice (such as Success Rice)
- 3 cups fat-free, less-sodium chicken broth
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup chopped pecans, toasted



Prepare rice according to package directions for microwave, substituting chicken broth for water; drain well. Stir in salt, pepper, and pecans. Yield: 4 (1/2-cup) 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 August. May we suggest you consider these items when placing your grocery order?

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

