

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



**July 2020**

## Cash In On The Health Benefits Of Corn

The four main categories of corn are field, popcorn, sweet and ornamental. More than 200 varieties of corn can be found growing in the United States today. Corn is very versatile since the entire corn plant can be used. You can use the husks for making tamales, the silk to create a medicinal tea, the kernels for food and the stalks for livestock feed. You can find corn in products like tortillas, tortilla chips, cornmeal and corn oil. Miniature ears of corn, known as baby corn, can be used in appetizers, soups, chowders, stews and stir fry dishes. Baby corn is particularly popular in Thai and Chinese cooking.



### **HEALTH BENEFITS OF CORN**

Corn has several health benefits. Because of the high fiber content, it can aid with digestion. It also contains valuable B vitamins, which are important to your overall health. Corn also provides our bodies with essential minerals such as zinc, magnesium, copper, iron and manganese. Corn is a good source of the antioxidants carotenoids, lutein and zeaxanthin, which promote eye health. Since corn is considered a starchy vegetable, people with diabetes need to keep in mind that a ½ cup of corn (or a small ear of corn) contains 15 grams of carbohydrate and counts as one carbohydrate food choice.

### **CHOOSING AND PREPARING CORN**

Corn can be roasted, boiled, broiled, steamed, grilled or microwaved. You can add it to stews, casseroles, salads or salsa. Try adding corn kernels to cornbread batter for enhanced texture and flavor.

Fresh corn on the cob is best if cooked as soon as possible after picking, but that's not always practical. Once you have brought the corn home, place the ears in your refrigerator as soon as possible. Cold temperatures slow down the chemical reaction that causes corn to lose its sweetness. Leave the husk on, and let the corn sit in the refrigerator uncovered instead of wrapped up tightly in a plastic bag. It's best if cooked within three days. Once cooked, corn will stay good for three to five days in the refrigerator and 10 to 12 months in the freezer.

**Source:** <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/cash-in-on-the-health-benefits-of-corn#:~:text=It%20also%20contains%20valuable%20B,zeaxanthin%2C%20which%20promote%20eye%20health.>

**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:

### Cookies and Cream Pudding Pie

Vary this recipe by using chocolate pudding mix and a graham cracker crust, or vanilla pudding and cream-filled vanilla sandwich cookies.

- 1 3/4 cups 1% low-fat milk
- 2 (3.3-ounce) packages white chocolate instant pudding mix
- 1 cup frozen fat-free whipped topping, thawed
- 8 reduced-fat cream-filled chocolate sandwich cookies (such as reduced-fat Oreos), crushed
- 1 (6-ounce) package chocolate crumb crust
- Additional crushed reduced-fat cream-filled chocolate sandwich cookies (optional)



Place milk in a medium bowl; add pudding mix. Beat at medium speed of a mixer until smooth. **Fold** in whipped topping and crushed cookies. Spoon pudding mixture into chocolate crust. Cover and chill at least 4 hours. Garnish with additional crushed cookies, if desired. Yield: 10 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 July. May we suggest you consider these items when placing your grocery order?

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

