

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



**September 2020**

## National Rice Month

We celebrate National Rice Month throughout the entire month of September. With over 40,000 kinds that grow on every continent, except on Antarctica, we have 30 days to discover as many varieties as possible!

Rice is the oldest known food still consumed today. Rice was first grown about 130 million years ago in the south-eastern part of Asia. The Chinese word for rice is the same word used for food. However, rice is more than food; it's part of the national culture. Many cultural customs date back to the days of wet rice cultivation. The historic commitment to group harmony is a predominate custom of the original culture for communal rice cultivation. In China, young girls are told that they must eat all the rice on their plate because each grain of rice represents a pockmark on the face of their future husband! Interestingly, Chinese and Japanese heritage both cultivate rice as a part of their culture.



### Rice-n-Roll

Rice is the second highest grain produced worldwide after maize (corn). Nearly 85% of rice consumed in the U.S. is grown domestically in six states: Arkansas, California, Louisiana, Mississippi, Missouri, and Texas. Rice is a complex carb, low in fat, making it very healthy to eat!

There are four types of rice and each is different from one another:

- White rice is the most common and the inferior rice of the four. So, unlike other rice varieties, white rice has little nutrients, making it the least healthy.

- Brown rice is a whole grain rice rich in thiamine, iron, and zinc. Because of this, brown rice has a chewy texture and gives a fuller feeling after eating.
- Black rice full of rich nutty, earthy flavors. Interestingly, scientists classify black rice as a different species from white and brown rice. On a nutritional level, black rice is an excellent choice for diabetics, as it has a very low glycemic index.
- Red rice is similar to black rice on the nutrient scale, except it provides more antioxidants to the body. The antioxidants found in red rice attribute to the rich red color of the rice.

### How To Observe

There are several ways to celebrate National Rice Month. Preparing some jambalaya, fried rice or rice pudding for the family is a great way to celebrate at the kitchen table!

**Check out our featured recipe on the back page.**

**Source:** <https://nationaldaycalendar.com/national-rice-month-september/>



**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:

### Creamy Wild Rice-Turkey Chowder

*Smoked turkey adds a nice flavor to the chowder, but you can use any kind of cooked turkey.*

- 4 ounces smoked turkey, diced
- 1 cup chopped green onions (about 4 onions)
- ½ cup chopped carrot
- 1 (10¾-ounce) can condensed reduced-fat, reduced-sodium cream of mushroom soup (such as Healthy Request)
- 1 ½ cups 1% low-fat milk
- ⅓ cup quick-cooking wild rice
- ¼ teaspoon pepper

**Coat** a medium saucepan with cooking spray, and place over medium-high heat until hot. Add turkey, green onions, and carrot to pan; sauté 3 minutes or until carrot is tender. **Add** soup and milk, stirring well; bring mixture to a boil. Stir in rice; bring to a boil. Cover, reduce heat to medium-low, and simmer 5 minutes or until rice is tender. Stir in pepper.

**Yield:** 4 (1-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 September. May we suggest you consider these items when placing your grocery order?

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

