

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



**October 2020**

## Unusual Pumpkin Facts

### DID YOU KNOW:

#### A pumpkin is really a squash?

It is! It's a member of the Cucurbita family which includes squash and cucumbers.

#### That pumpkins are grown all over the world?

Six of the seven continents can grow pumpkins including Alaska! Antarctica is the only continent where they won't grow.

#### That the "pumpkin capital" of the world is Morton, Illinois?

This self proclaimed pumpkin capital is where you'll find the home of the Libby corporation's pumpkin industry.



#### That the Irish brought the tradition of pumpkin carving to America?

The tradition originally started with the carving of turnips. When the Irish immigrated to the U.S., they found plenty of pumpkins and they were much easier to carve for their ancient holiday.

### FUN FACTS ABOUT THE PUMPKIN!

- Pumpkins contain potassium and Vitamin A.
- Pumpkin flowers are edible.
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- In early colonial times, pumpkins were

used as an ingredient for the crust of pies, not the filling.



- Pumpkins were once recommended for removing freckles and curing snake bites.
- The largest pumpkin ever grown weighed 1,140 pounds.
- The Connecticut field variety is the traditional American pumpkin.
- Pumpkins are 90 percent water.
- Eighty percent of the pumpkin supply in the United States is available in October.
- Native Americans flattened strips of pumpkins, dried them and made mats.
- Native Americans called pumpkins "isqoutm squash."
- Native Americans used pumpkin seeds for food and medicine.

**Source:** <http://www.pumpkin-patch.com/facts.html>



**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:

### Whipped Sweet Potatoes

- 1 pound sweet potatoes, peeled and cut into 1-inch cubes (about 2 potatoes)
- 1 (5-ounce) can fat-free evaporated milk
- ¼ cup maple syrup
- ¼ teaspoon ground cinnamon or apple-pie spice
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- 1 tablespoon light butter



**Steam** sweet potato, covered, 10 minutes or until tender, and drain. **Return** sweet potato to pan. Beat at medium speed of a mixer until smooth. Add milk and next 4 ingredients; beat well. Place pan over medium-low heat; add butter, stirring until butter melts. **Yield:** 4 (½-cup) servings.

### Skillet Ham

- 2 tablespoons maple syrup
- 2 teaspoons light butter
- 1 (¾-pound) slice lean ham, cut into 4 pieces



**Combine** syrup and butter in a large nonstick skillet; place over medium-high heat until butter melts. Add ham; cook 2 minutes on each side or until glazed and thoroughly heated. **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 October. May we suggest you consider these items when placing your grocery order?

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

