

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



**March 2021**

## **7 Health and Nutrition Benefits of Potatoes**

### **1. Packed With Nutrients**

Potatoes are an excellent source of many vitamins and minerals. The nutritional content of potatoes can vary depending on the variety and how they are prepared. For example, frying potatoes adds more calories and fat than baking them. It's also important to note the skin of the potatoes contains a great amount of the vitamins and minerals. Peeling potatoes can significantly reduce their nutritional content.

### **2. Contain Antioxidants**

Potatoes are rich in compounds like flavonoids, carotenoids and phenolic acids. These compounds act as antioxidants in the body by neutralizing potentially harmful molecules known as free radicals. When free radicals accumulate, they can increase the risk of chronic diseases like heart disease, diabetes and cancer.

### **3. May Improve Blood Sugar Control**

Potatoes contain a special type of starch known as resistant starch. This starch is not broken down and fully absorbed by the body. Instead, it reaches the large intestine where it becomes a source of nutrients for the beneficial bacteria in your gut. Research has linked resistant starch to many health benefits, including reducing insulin resistance, which, in turn, improves blood sugar control.

### **4. May Improve Digestive Health**

The resistant starch in potatoes may also improve digestive health. Resistant starch from potatoes is mostly converted into the short-chain fatty acid butyrate — the preferred food source for gut bacteria. Studies have shown that butyrate can

reduce inflammation in the colon, strengthen the colon's defenses and reduce the risk of colorectal cancer.

### **5. Naturally Gluten-Free**

If you follow a gluten-free diet, then you should consider adding potatoes to your diet. They are naturally gluten-free, which means they won't trigger uncomfortable symptoms. While potatoes are gluten-free, many common potato recipes are not. If you have celiac disease or a non-celiac gluten sensitivity, be sure to read the full list of ingredients before eating a potato dish.

### **6. Incredibly Filling**

Aside from being nutritious, potatoes are also incredibly filling. Some evidence shows that a certain potato protein, known as potato proteinase inhibitor 2 (PI2), can curb appetite. This protein appears to enhance the release of cholecystokinin (CCK), a hormone that promotes feelings of fullness.

### **7. Extremely Versatile**

Not only are potatoes healthy, but they are also delicious and versatile. Potatoes can be prepared in many ways, including boiled, baked and steamed. However, frying potatoes may dramatically increase their calorie content if you use a lot of oil. Make sure not to remove the skin of the potatoes, as most of the nutrients are located there. This will ensure you receive the maximum amount of nutrients from the potato.

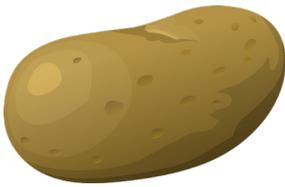
**Source:** <https://www.healthline.com/nutrition/benefits-of-potatoes>

## Recipe of the Month:

### Slow-Cooker Baked Potatoes

- 6 medium russet potatoes
- 3 tablespoons butter, softened
- 3 garlic cloves, minced
- 1 cup water
- Salt and pepper to taste
- **Optional Toppings: Sour cream, butter, crumbled bacon, minced chives, guacamole, shredded cheddar cheese and minced fresh cilantro**

**Step 1:** Scrub potatoes; pierce each several times with a fork. In a small bowl, mix butter and garlic. Rub potatoes with butter mixture. Wrap each tightly with a piece of foil. **Step 2:** Pour water into a 6-qt. slow cooker; add potatoes. Cook, covered, on low 8-10 hours or until tender. Season and use toppings as desired.



## Pantry Protocol

- Starting in February we have gone to a system of placing orders through the online Dillons portal for Dillons to shop for the orders. We will still take your order and deliver to you as usual. To help with the service, as always, please have your grocery order ready on your assigned day before 10:00am.
- Orders must total a minimum of \$20.00 for them to be shopped.
- Orders under the Dillons threshold of \$35.00 will incur a fulfillment fee of \$4.95. Roving Pantry will pay for \$3.00 of this fee, leaving a \$1.95 charge to be covered by the client.
- Returned checks will still incur a \$15.00 service fee.
- If you have any questions, concerns or suggestions please contact Roving Pantry at **(316) 267-4378**.

- *Ashlee Calaoagan*

## Seasonal Fruits and Vegetables

Here is a list of fruits & vegetables that should be plentiful during March. May we suggest you consider these items when placing your grocery order?

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

