

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



April 2021

Benefits Of Strawberries

Health Benefits

Low in calories and rich in fiber, strawberries are bursting with vitamins and minerals such as vitamins C (more than an orange!) and K, folate, potassium, and magnesium. One cup of strawberries contains 49 calories, 3 grams of fiber, and 12 grams of carbohydrates.

Strawberries are also known to help protect against heart disease, cancer, high blood pressure, and diabetes. In addition they can boost brain function, immunity, and your mood. Plus, the berry's antioxidants detoxify the body and reduce inflammation, which helps people suffering from arthritis.

Storage Tips

Strawberries are a fragile, very perishable fruit that should be consumed or frozen within a few days of purchase.

Before refrigerating, remove any strawberries that are molded or damaged so that they will not contaminate others. It's important to keep them cool and dry. So place the unwashed berries with the leafy top intact in a paper towel-lined container; cover and chill. Strawberries should not be stored at room temperature. Wash with cool, running water (do not soak) and hull (remove leafy top) them just before using.

If you have a bumper crop of berries, they can be frozen whole and used in such things as smoothies, cobblers, and sauces. Place rinsed, dried, and stemmed whole berries, cut sides down, in a single layer on a parchment paper-lined cookie sheet. Freeze, uncovered, until solid. Transfer berries to a resealable freezer bag. You can store whole berries in the freezer for up to three months.

Source: www.lpseniors.com/blog/benefits-of-strawberries/



Recipe of the Month:

Strawberry Avocado Salsa

- 1 cup diced strawberries
- 1 firm, ripe avocado, diced
- 1/2 jalapeno, seeded and minced, **optional**
- 1/3 cup diced mango
- 1/4 cup diced red onion
- 2 tablespoons fresh lime juice
- 1 tablespoon minced fresh cilantro
- 1 tablespoon minced fresh mint
- 1 to 2 teaspoons honey
- 1 teaspoon lime zest
- 1/4 teaspoon salt, **optional**

In a large bowl, combine all ingredients; toss gently. Serve immediately or cover and refrigerate.



<http://www.lpseniors.com/blog/benefits-of-strawberries/>

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 April. May we suggest you consider these items when placing your grocery order?

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

