

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



May 2021

9 Rhubarb Benefits You Need to Know

1. Lowers Cholesterol

Too many rhubarb dessert recipes aren't great for your health but adding a little to your diet could improve cholesterol levels. One study in the Journal of the American College of Nutrition found that eating rhubarb stalks lowered cholesterol levels in men with high cholesterol. It was especially helpful in reducing LDL or bad cholesterol.

2. Aids Digestion

The tannins in rhubarb stalks have been found to improve digestion and gut health. Rhubarb is also rich in fiber which helps prevent constipation.

3. Strengthens Your Bones

Rhubarb stalks are rich in vitamin K, a key nutrient in improving bone density and lowering the risk of fractures. Try pairing your rhubarb dessert with the benefits of pineapple for an extra dose of bone-strengthening nutrients.

4. Protects from Free Radicals

Move over kale and blueberries; there's a new antioxidant powerhouse in town! A study in the International Journal of Food Science and Technology found that a serving of rhubarb has more antioxidants than a cup of packed kale. That means more protection from harmful free radicals that can lead to chronic disease.

5. Brightens Skin

The antioxidants in rhubarb won't just protect against chronic disease; they'll make you look younger too! The nutrients support collagen production for firmer, brighter skin.

6. Fights Inflammation

Rhubarb stalks contain anthocyanins, the compound that gives them their deep, red color. A study in the Annual Review of Food Science and Technology found that eating foods rich in anthocyanins was associated with less inflammation and more protection against chronic diseases like diabetes.

7. Improves Liver Health

The compounds in rhubarb stalks improve our gut health and can even protect the liver from harm. A study in Molecular Nutrition and Food Research found that taking rhubarb extract is linked with improved liver health among study participants who reported binge drinking alcohol.

8. Boosts Heart Health

The anthocyanins found in rhubarb stalks can boost heart health by reducing inflammation and preventing atherosclerosis, the narrowing and hardening of blood vessels. Need a little protein with your rhubarb pie? Try sprinkling chopped nuts on top; the health benefits of almonds protect your heart, too.

9. May Protect Against Cancer

Because rhubarb stalks are rich in antioxidants, eating them may help protect against some types of cancer. Antioxidants help to repair cells from free radical damage, which can lead to cancer.

Source: <https://www.tasteofhome.com/collection/rhubarb-benefits/>

Recipe of the Month:

Strawberry Rhubarb Cream

- 1/2 cup chopped fresh or frozen rhubarb
- 2 tablespoons plus 1-1/2 teaspoons sugar, divided
- 1-1/2 teaspoons water
- 1/2 cup sliced fresh strawberries
- 1/3 cup heavy whipping cream, whipped
- Additional sliced fresh strawberries, optional



1. In a small saucepan, combine the rhubarb, 2 tablespoons sugar and water. Bring to a boil, stirring constantly. Reduce heat; simmer, uncovered, until tender, about 10 minutes. Transfer to a small bowl; cool to room temperature.

2. Place strawberries and remaining sugar in a food processor; cover and process until pureed. Stir into rhubarb mixture. Fold in whipped cream. Spoon into 2 parfait glasses or dessert dishes. Cover and refrigerate until chilled. Garnish with additional berries if 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 Dillions 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**.

Seasonal Fruits and Vegetables

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

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

