

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



July 2021

10 Delicious Facts To Raise Your BBQ IQ

1. The word "barbecue" has a complicated past.

There are multiple theories. The most common one says it stems from "barbacoa," which is a West Indian term for "slow cooking over hot coals." The least common says it comes from a bar, beer, and billiards restaurant called the "BAR-BEER-CUE-PIG." You choose a side.

2. And more drama: two different cities each claim to be the Barbecue Capital of America.

Memphis, TN and Kansas City, MO are both home to giant competitive barbecue tournaments, so each one says it can own the title. That said, Lexington, NC somehow managed to earn "Barbecue Capital of the World."

3. Barbecues are a long-standing presidential tradition.

Lyndon B. Johnson threw the first White House barbecue to feature "Texas-style" ribs, and Jimmy Carter hosted a "pig-pickin'" for 500 people.

4. Grilling isn't just for the summer.

60% of grillers say they barbecue year-round.

5. The world's longest barbecue was 80 hours.

In Georgia, Jan Greeff cooked 1,000 hot dogs, 200 pieces of corn, and more to benefit the Juvenile Diabetes Research Foundation.

6. And the world's largest barbecue had over 45,000 people.

The massive event took place in Nuevo

Leon, Mexico.

7. While we're talking numbers, there are four different types of pork ribs.

Spare ribs are the most common, and come from the underbelly of the pig; St. Louis-style are similar to spare ribs, but the breastbone is removed; country-style have the highest meat-to-bone ratio; and baby-back have the least fat.

8. Baby-back ribs got their name because they're shorter than spare ribs.

Not because they come from baby animals.

9. But the original style of rib was probably "mammoth."

In 2009, researchers found mammoth ribs in a 4-ft. cooking pit that appeared to date back to 29,000 B.C. The area was also covered with conch shells, which made archaeologists wonder whether the barbecue had been a "surf-and-turf" meal.

10. There's an actual science to measuring barbecue heat with your hand.

Next time you float your hand over your grill, do it with purpose. Hold your palm five inches above the grill and count the number of seconds before you feel the urge to yank it away.

If you can stand it for:	Then the temperature is:
2-4 seconds	450° to 550°F
5-7 seconds	350° to 450°F
8-10 seconds	250° to 350°F

Source: <https://www.buzzfeed.com/tgifri-days/delicious-facts-to-raise-your-bbq-iq>

Recipe of the Month:

Red, White and Blue Dessert

- 2 packages (8 ounces each) cream cheese, softened
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2 cups heavy whipping cream, whipped
- 2 quarts strawberries, halved, divided
- 2 quarts blueberries, divided



1. In a large bowl, beat cream cheese, sugar and extracts until fluffy. Fold in whipped cream. Place a third of the mixture in a 4-qt. bowl. Reserve 20 strawberry halves and 1/2 cup blueberries for garnish.

2. Layer half of the remaining strawberries and blueberries over cream mixture. Top with another third of the cream mixture and the remaining berries. Spread the remaining cream mixture on top. Use the reserved strawberries and blueberries to make a "flag" on top.

Source: <https://www.tasteofhome.com/recipes/red-white-and-blue-dessert/>

Pantry Protocol

Starting in February we have gone to a system of placing orders through the online Dillions portal for Dillions 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. (We also process EBT/food benefits. Delivery for EBT/food benefits are on Tuesday.)

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. Change is only made on a case by case basis because we do not carry large amount's of money. But you are welcome but not required to donate the change to senior services if you choose to.

If you have any questions, concerns or suggestions please contact Roving Pantry at **(316) 267-4378**. Orders can also be placed through email to: **pantry@seniorservicesofwichita.org**

Seasonal Fruits and Vegetables

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

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

