

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



**November 2021**

## 9 Turkey Facts

### **Only male turkeys gobble.**

Turkeys make a variety of different sounds such as “purrs,” “yelps,” and “kee-kees,” but the “gobble” call is only done by males during mating season. As a result, male turkeys are called “gobblers” while females are called “hens.”

### **Wild turkeys can fly.**

It’s a common myth that turkeys can’t fly (most likely because they feed on the ground) but wild turkeys have been known to fly up to 55 mph in short bursts. For domesticated turkeys, this is unfortunately not the case. They’re bred to be heavier in weight, almost twice as much as a wild turkey so they won’t be flying anytime soon.

### **Wild turkeys sleep in trees.**

Turkeys spend most of their time on the ground but when it’s time to sleep, they fly up into trees. This is because turkeys can’t see well at night and to protect themselves from predators, they roost at dusk and fly down at dawn.

### **They can change colors.**

Well, their heads do at least! You can tell a turkey’s emotions by the color of their heads. Colors can change from red to blue to white, depending on how excited or calm they are. The more intense the colors are, the more intense their emotions.

### **Their poop identifies their gender.**

Are they girls or boys? One certain way to find out is by checking their droppings. A male’s poop will be shaped like the letter J, while the female’s is more spiral-shaped.

### **Benjamin Franklin preferred the turkey to the bald eagle.**

While Benjamin Franklin did not advocate for the turkey as our National Bird, he did prefer them to bald eagles. In a letter to his daughter, Benjamin Franklin called the bald eagle, “a bird of bad moral character” because they steal from other birds. He called the turkey a “much more respectable bird”, “a bird of courage”, and “a true original native of America.”

### **Turkeys can see better than humans.**

Turkeys have three-times better vision than humans. They can also see in color and their eyesight covers 270 degrees.

### **Presidential pardons for turkeys started in 1989.**

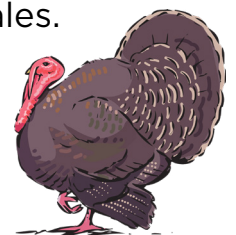
It’s widely believed that the first presidential pardon for turkeys started when Abraham Lincoln’s son pleaded that the bird intended for Christmas dinner had a right to live just like any other creature, but it wasn’t until 1989 during George H.W. Bush’s administration that the official pardoning ceremony started.

### **Turkey snoods are for mating.**

Snoods, the fleshy appendage that extends over a turkey’s beak is for finding a suitable mate. According to the Journal of Avian Biology, females prefer males with longer snoods, and snood length can also be used to predict the winner of a competition between two males.

### **Source:**

<https://www.worldanimalprotection.us/blogs/10-turkey-facts>



## Recipe of the Month:

### Festive Cranberry Fruit Salad

- 1 package (12 ounces) fresh or frozen cranberries
- 3/4 cup water
- 1/2 cup sugar
- 5 medium apples, diced
- 2 medium firm bananas, sliced
- 1-1/2 cups fresh or frozen blueberries, thawed
- 1 can (11 ounces) mandarin oranges, undrained
- 1 cup fresh or frozen raspberries, thawed
- 3/4 cup fresh strawberries, halved



1. In a large saucepan, combine the cranberries, water and sugar. Cook and stir over medium heat until berries pop, about 15 minutes. Remove from the heat; cool slightly.

2. In a large bowl, combine the remaining ingredients. Add cranberry mixture; stir gently. Refrigerate until serving.

Source: <https://www.tasteofhome.com/recipes/festive-cranberry-fruit-salad/>

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

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

