

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



October 2021

Squash: Top 5 Benefits & How To Use

What is Squash?

Squash encompasses several different species including pumpkins, zucchinis, courgettes, and marrows. The individual species include dozens of varieties, including buttercup, Hubbard, cushaw, acorn, summer, autumn, and winter squash. Squash also often includes gourds.

Nutritional Facts

Squashes, especially the yellow-colored variety, are an important source of dietary carotenoids. Carotenes, chiefly a-carotene and B-carotene, are precursors to vitamin A, which may have a significant role in vision and in maintaining a healthy immune system. Both winter and summer squashes are rich sources of vitamins A, C, and K, according to the USDA. In terms of minerals, squash contains magnesium, potassium, manganese, copper, phosphorus, calcium, and iron.

Health Benefits of Squash

Potentially Rich Source Of Carotenoids

As mentioned above, squashes like the yellow-colored crookneck squash and orange-colored pumpkins contain a high level of carotenoids. These carotenoids are mainly beta-carotene, lutein, zeaxanthin, and lycopene. Research shows that the intake of carotenoids is associated with the prevention and treatment of age-related macular degeneration, cardiovascular diseases, and neurodegenerative diseases.

May Help In Diabetes Management

Winter squash has a very low glycemic index, which may help in stabilizing sugar levels. Certain varieties like pumpkin contain possibly good amounts of dietary fiber and may include the polysaccharide known as pectin. Pectin is an essential element in blood sugar regulation throughout the body, making sure that the insulin and glucose activities within the body remain constant and smooth.

May Protect Heart Health

Researchers reported a positive association between the consumption of carotenoid-rich vegetables such as carrots and/or squash and lowering cardiovascular disease (CVD) mortality. Furthermore, recent studies have shown links between consumption of yellow-orange-red vegetables such as pumpkin, acorn squash, and butternut squash and heart disease, cardiovascular diseases, as well as stroke. Also, butternut squash and acorn squash are high in potassium that supports normal blood pressure.

May Improve Vision Health

It may be hard to believe, but a single serving of squash can contain more than 400% of your daily requirement for vitamin A, due to the rich content of beta-carotene found in it. Beta-carotene is an antioxidant compound essential for good eye health. High levels of beta-carotene have been connected with reduced chances of macular degeneration, cataracts, glaucoma, and other vision issues.

How To Cook & Use Squash?

Squash can be extremely versatile and can be used in salads when fresh. They can be cooked as baked vegetables with meat, flattened into patties, fried, or included as a base flavor for soups. Squash seeds are also edible and can be made into many forms or their oils can be extracted. The shoots and tendrils of the plant can also be eaten as greens in a salad. **Word of Caution:** Squashes contain a compound called cucurbit E. that causes a reaction in certain people. Some side effects include nausea, vomiting, and diarrhea. To reduce this, avoid the extremely bitter-tasting ones.

Source: <https://www.organicfacts.net/health-benefits/fruit/squash.html>

Recipe of the Month:

Butternut Squash Apple Bake

- 1 butternut squash (2 pounds), peeled and cut into 1/2-inch slices
- 3 medium tart apples, peeled and thinly sliced
- 1/3 cup packed brown sugar
- 1-1/2 teaspoons all-purpose flour
- 1/4 teaspoon ground cinnamon
- 2 tablespoons butter, melted

1. Preheat oven to 350°. Layer squash and apples in a 13x9-in. baking dish coated with cooking spray. Mix brown sugar, flour and cinnamon; sprinkle over top. Drizzle with butter.

2. Bake, covered, until squash and apples are tender, 45-55 minutes.



Source:
<https://www.tasteofhome.com/recipes/butternut-squash-apple-bake/>

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

Apples
Avocados
Beans
Beets
Berries
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Corn on the Cob
Cucumbers
Dried Onions
Eggplant
Garlic

Grapefruit
Green Beans
Green Onions
Honeydews
Kale
Kiwi
Lemons
Lettuce
Limes
Mushrooms
Onions
Oranges
Parsley
Parsnips
Pears
Peppers

Pineapples
Potatoes
Pumpkins
Radishes
Salad (pre-bagged)
Spinach

Squash
Strawberries
Sweet Potatoes
Tangerines
Tomatoes
Turnips

