



# MMJPR NEWSLETTER

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## WELCOME TO A NEW WORLD IN HEALTH CARE.

“Why is marijuana against the law? It grows naturally upon our planet. Doesn’t the idea of making nature against the law seem to you a bit . . . unnatural?”

~ Hunter S. Thompson

Summer is here! The sun is shining and its Canadians are starting to feel that summer heat creep into the longer days.

This Month in our MMJPR Newsletter we are giving you some helpful tips on getting your grill gae on as well as some tricks to making your summer picnic the best it can be. Be sure to check our superfood of the month - Citrus



## Become the Grill Master of Your Dreams

If you’ve always wanted to be king or queen of the barbecue, then buck up: It’s really easy—especially when you have the right tricks up your sleeve. Here are some secrets the pros use for perfectly barbecued food.

To get diamond-shaped grill marks on your steaks, the trick is to sear the meat just long enough to get good grill lines, then rotate 90 degrees without flipping. Continue searing until you have a second set of lines. Generally, only one side of the steak will have these lines, because too much time over high heat will dry out the meat. Once the steak is nicely marked, move it to a cooler area of the barbecue to continue cooking.

Marinating meat or poultry isn’t just for meat you’re about to cook. Uncooked beef, chicken and pork can all be marinated and frozen. In fact, when you’re ready to use it, the marinade will flavour the meat as it defrosts. For the best (and safest) results, use only freshly purchased meat—nothing that was previously frozen or has been sitting in the fridge.



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**Picnic Tricks**



**Super Food of the Month – Mushrooms**

Fill a resealable freezer bag with the meat and marinade. Carefully squeeze out any air before sealing the bag. Keep in mind that marinated, uncooked meats have a shorter freezer life and should be used within two months. Always defrost the meat in the refrigerator, then drain and discard the used marinade.

## Grill it!

It's usually best to slice meat against the grain. Bundles of long muscle fibres give meat texture; the "grain" refers to the direction these fibres run. Slicing across the grain shortens the fibres, making the meat easier to chew. Not all cuts of meat have fibres that run vertically or horizontally. Some fibres run diagonally, while others have multiple muscle sections. In this case, carve each section separately.

Know the difference between rare, medium and well-done. You can tell how well-done your meat is by the colour. A medium-rare steak has a slightly pinkish-red colour at the centre and is slightly brown on the exterior. When a steak is medium, it has a pink centre and is brown toward the exterior. Well-done steaks are uniformly brown throughout. Consider purchasing an instant-read thermometer to help assure accurate doneness.

Remember that Hamburgers dry out as they cook. Good, juicy burgers start with 80–85 percent lean ground beef. Anything leaner has too little fat to stay moist while grilling. Anything fatter shrinks the patty, causing flare-ups that dry out the burger.

If your recipe requires you to combine the beef with other ingredients, don't overmix it. Combine the ingredients gently, and lightly forming the patties with your hands. Grill burgers over medium-hot heat for 5–8 minutes, turning once. Don't press on the burgers with a spatula. You can cook several different types of sausages

at they won't all be done at the same time. Keep them well-separated on the grill and monitor their cooking times. Be sure to cook sausages in water or beer before setting them on the grill grate. Grill these items over direct medium heat until they are nicely browned and reach an internal temperature of 74°C (165°F). Fully cooked smoked sausages, like frankfurters and kielbasa, should be grilled over direct medium heat, turning occasionally, until browned and heated through (7–10 minutes).



# Picnic Tricks

## 3 Little-Known Ways to Eat Better and More Safely When You Pack a Picnic

Make your own refreshment, and let it cool your picnic. You'd never freeze a commercial soft drink, so all they do is give you one more thing to keep cold. But before there was Coke and Pepsi, there was lemonade. You can still make your own, using about three lemons for a quart. Squeeze the lemons, which should give you about ½ cup juice. Mix that with ½ cup sugar (or to taste) and add three cups water. Voilà! The night before your picnic, freeze the lemonade in plastic milk cartons. Then use the cartons to help keep the food cool in the cooler. Drink the lemonade as it thaws.

Make potato salad with oil and vinegar. Just hold the mayo and eggs. There's no picnic food that gets more bad press than potato salad—and justifiably so, when it's made with eggs and mayonnaise, which can harbour bacteria that cause sickness. There are many delicious variations on potato salad that use oil and vinegar instead—but few cookbooks tell you that they're safe for picnics. Here's a very simple version: Boil potatoes until they're tender. Drain and dice them. Then dress them while still warm with olive oil, vinegar, salt, pepper, finely chopped onions, and/or garlic. You can eat it hot, cold, or warm.

If you picnic often, invest in a good cooler. Ads for coolers suggest they can keep just about anything cold. But don't count on one to keep frozen things from turning to goop within a few hours. "Coolers cool; they don't freeze," writes Tom Bartlett in an article in the online magazine Slate that analyzed the performance of six picnic coolers. However, Bartlett's top-rated cooler, the Coleman Ultimate Xtreme, priced at around \$85, kept a six-pack of beer surrounded by ice cool for four days. His favorite for the esthetics was another Coleman, the Steel Cooler. It costs twice as much, but it kept beer cool for three days and looks great. Hard coolers did a better job than soft-sided ones, but you may want a softie for other reasons.

Bartlett liked the Polar Bear Soft Side Cooler for being easy to store and clean. He has a few cooler tips too. One: Full coolers stay cool longer than half-full ones. Pack it full in layers: ice on the bottom, then drinks, then more ice, and soft stuff such as sandwiches and potato salad on top.



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# Super Food of the Month – Citrus Fruit

No better way to wake up your taste buds in the morning than peeling a lovely, large orange, the sweet and sticky juices seem to prepare you for any mess you can get yourself into on a new day, offering a great boost of Vitamin C to your body!

## What's In Them

**Beta-cryptoxanthin:** A carotenoid in oranges and tangerines, beta-cryptoxanthin may help prevent colon cancer.

**Hesperidin:** This flavonoid is found in the zest (the thin, coloured portion of the citrus peel) of oranges. Hesperidin may have anti-inflammatory and cholesterol-lowering effects.

**Limonene:** Found mainly in the zest of oranges, lemons, limes and tangerines, limonene may help prevent cancer. It's also a common allergen. In fact, many people who are allergic to commercial orange juice—which becomes infused with limonene during processing—find they can actually still tolerate peeled oranges.

**Naringin:** A flavonoid found in grapefruit, this compound may protect the lungs against harmful environmental toxins such as air pollution and cigarette smoke.

**Nobiletin:** This flavonoid, found in the flesh of oranges, may have anti-inflammatory actions.

**Folate:** This B vitamin is instrumental in the prevention of certain birth defects. It may also play a role in battling heart disease.

**Tangeretin:** This flavonoid, found in tangerines, has been linked in experimental studies to a reduced growth of tumour cells.



## Try this!

Substitute lemon or lime juice for vinegar in your favourite salad dressing. Not only will it add a naturally sweet boost and sneak in a little extra vitamin C, it will enhance the flavours of the salad itself. Keep the pith when peeling citrus too, the spongy white layer between the zest and the pulp: A good amount of the fibre and phytochemicals in citrus, particularly flavonoids, are found both in the pulp and the pith.

## When to be Careful About Grapefruit

In something known as “the grapefruit effect,” compounds in grapefruit juice can enhance the levels of certain drugs in your bloodstream, leading to dangerous side effects. If you are taking medication, it would be prudent to ask your physician if you should be avoiding grapefruit juice.

