

Barbeque Month

The snow has melted, the sun is shining and warming up the blooming flowers. The smell of grilling meat and veggies wafts through the neighborhood, inviting over friends, family, and neighbors. It's barbeque month and things are starting to sizzle!

Grilling is a super easy way to try out new flavor combinations on different meats and vegetables or fruits! Just the thought of grilled peaches or pineapple paired with asparagus, onions, and bell peppers makes me excited to attend a few barbeques myself! Grilling season also offers the perfect time to support local farmers selling grass-fed cuts of meat!

Time to get out and get grillin'!

Weekly Challenge:

Pick up a piece of locally raised meat or poultry and try grilling with fresh vegetables!



Ignacio Rodriguez(Photography).

What is Farro?



Source: Pixabay. Com Borosara (photographer)

Farro is a whole grain. It has been around for generations and sometimes called an “ancient grain”. It is NOT gluten free.

It has a similar taste and texture to barley.

Farro is a bit chewy when cooked, rather than soft and mushy. If you like the chewy texture of barley, you will probably like farro.

Farro and barley can be used interchangeably in most recipes.

EAT MORE FRUITS AND VEGETABLES



Source: Pixabay.
RitaE
(photographer)

Fruits and vegetables are high in vitamins, minerals and fiber and low in calories and sodium so, why not incorporate them into your diet?

Wonder which ones are better for you? Well, great news! They are all good for you since every single one provides you with different nutrients your body needs. Whether it's canned, fresh, frozen or dried varieties, it all counts. Stick with the form that is the simplest without heavy sauces or syrups.

Weekly Challenge:

Make it easier to incorporate more fruit and vegetables into your diet by washing and cutting vegetables and fruits in the beginning of week and storing them in Ziplock bags for an easy grab and go everyday snack.

Turmeric

Turmeric contains the chemical curcumin. Curcumin and other chemicals in turmeric might



decrease swelling (inflammation). Because of this, turmeric might be beneficial for treating conditions that involve inflammation.

Some research shows that taking turmeric extracts, alone or in combination with other herbal ingredients, can reduce pain and improve function in people with osteoarthritis. In some research, turmeric worked about as well as ibuprofen for reducing osteoarthritis pain.

Turmeric usually does not cause significant side effects; however, some people can experience stomach upset, nausea, dizziness, or diarrhea. It may also slow blood clotting so discuss with your doctor before using and to discuss dosage. For osteoarthritis: 500 mg of a non-commercial turmeric product four times daily for 4-6 weeks has been used in studies. Otherwise, enjoy the spice in your favorite dishes.

Source: <https://www.webmd.com/vitamins/ai/ingredientmono-662/turmeric>

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