Are you ready for summer? I know I am! One thing I’m looking forward to the most is taking advantage of our wonderful local produce! Asparagus season is in full swing around here and soon we’ll have summer berries and fruits. Take your family to a local farm for a day and try picking berries or peaches. We’re lucky to live close to farming communities in this area, so why not take advantage this summer!

What’s a better way to enjoy summer than spending time outside with your family and friends celebrating good food? This issue features healthy grilling tips and ideas for outdoor food activities. We also have some tips on food safety and food storage, along with healthy recipes suitable for outdoor events. This summer, involve the whole family in cooking and preparing food for family outings! Explore new recipes and types of food. If you have any available land, it’s not too late to start a garden plot, which is especially useful for herbs and staple cooking items. Make a goal to head to your local farmers’ market at least once this summer and try something new. Change your eating routine and discover healthy opportunities at every meal. Make sure you check out our recipe section on the Food Gatherers website if you’re in need of inspiration. While you’re there, read our new Agency Blog to find out what we’re up to and see updates on our construction!

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What To Grill This Summer:

- Try new meats! If you’re looking to eat red meat, try bison. It has less fat than beef (2.42 grams/100 gram serving) and is naturally juicy and tender. When grilling, cover one side with foil to avoid direct exposure to the flame. You can find bison at Meijer, Whole Foods, Hiller’s, Trader Joe’s and Arbor Farms Market (all partners in our Food Rescue Program!).

- Make sure your beef is at least 90 percent lean and 100% pure beef. Try eating a burger with lettuce instead of a bun!

- Choose chicken sausage or turkey sausage instead of hot dogs. Add herbs and spices for additional flavoring and avoid drowning them in dressings or ketchup. Top with grilled onions or roasted peppers!

- Grill shrimp or other shellfish as a healthy alternative to meat. Skewer the shrimp with veggies to add extra flavor.

- Try veggie burgers or grilled portabella caps as an entrée. Try fresh salsa or hummus as lighter toppings.

### Make sure your grill is colorful!

Try making half of your grill fruits and vegetables. Vegetables like asparagus, onions, peppers, mushrooms, zucchini, squash, eggplant and corn are great options! Grilling these vegetables brings out sweet flavors that even picky eaters will enjoy.

When it comes to fruit, use fruit that is about a day or two away from being completely ripe so it retains its texture. Cut fruit before placing it on the grill; apples, peaches and pears can be halved and bananas split lengthwise. Try brushing fruit with a bit of oil to avoid sticking and watch closely so it doesn’t burn. Serve as is, with a sprinkle of cinnamon, or a dollop of plain frozen yogurt.

### Marinate your meat!

Whatever meat you choose, start by mixing up a marinade with some of your favorite herbs with vinegar or lemon juice. Marinate the meat for 30-60 minutes before grilling, as it can reduce the formation of HCAs (cancer causing compounds that occur when any kind of meat, poultry, or fish is cooked at high temperatures).

### Partially pre-cook.

Do this in the microwave, oven, or on the stove to reduce the amount of time the meat sits on the grill exposed to high heat. Make sure to drain the juices before placing meat on the grill and immediately move the partially cooked meat to the grill.

### Turn down the heat.

Allow some extra time during grilling and try to cook your meat below 325°. Thoroughly clean your grill prior to cooking and remove any charred debris that may stick to the grill. Do not eat any pieces that are badly charred after grilling.

### Use a meat thermometer.

Consult the chart for proper minimum internal cooking temperatures.

<table>
<thead>
<tr>
<th>Food</th>
<th>Temperature(°F)</th>
<th>Rest Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, Pork, Veal, Lamb</td>
<td>160</td>
<td>None</td>
</tr>
<tr>
<td>Turkey, Chicken, Duck, Goose</td>
<td>165</td>
<td>None</td>
</tr>
<tr>
<td>Steaks, roasts, chops</td>
<td>145</td>
<td>3 minutes</td>
</tr>
<tr>
<td>Fresh pork and fresh ham</td>
<td>145</td>
<td>3 minutes</td>
</tr>
<tr>
<td>Precooked ham (to reheat)</td>
<td>140</td>
<td>None</td>
</tr>
<tr>
<td>Fin Fish</td>
<td>145/until flesh is opaque and separates easily</td>
<td>None</td>
</tr>
<tr>
<td>Shrimp, lobster and crabs</td>
<td>Cook until flesh is pearly and opaque</td>
<td>None</td>
</tr>
</tbody>
</table>
**Healthy Sides and Picnic Ideas:**

When heading for an outdoor event, skip the potato chips and try whole wheat pitas or vegetables. Cut pitas into triangles and chop veggies for easy serving options. Serve these with hummus, salsa or bean dips as opposed to queso or creamy dressings like ranch.

Buy whole fruits and create your own fruit trays instead of paying premiums for pre-made fruit trays. Try freezing grapes, berries, and bananas for cool desserts. For an additional treat, melt dark chocolate in the microwave or stove and store in a small container to drizzle over frozen fruit when you’re ready for dessert!

Make your own coleslaw with a mix of veggies and a light vinaigrette made from lemon juice, vinegar and salt and pepper. Add almonds, pistachios or other nuts for an additional crunch.

For potato and pasta salads, try a dressing of olive oil and lemon juice with fresh herbs and spices instead of mayonnaise or pre-made dressings. Lighten up traditional recipes with alternative grains such as quinoa, couscous or bulgur. Add vegetables in generous amounts for a 3-to-1 veggie-to-pasta ratio. Try mixing regular potatoes with sweet potatoes.

Bring unsweetened iced tea or sparkling water instead of juice or soda. If you’re craving flavor, add a teaspoon of 100% fruit juice to the sparkling water before heading out. Try mixing flavors to create your own concoctions.

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**Thermometers are coming!** Food Gatherers received a large amount of thermometers that we’ve put on our online inventory for all agencies. These thermometers are to be distributed to all clients to use at home in their refrigerators and freezers. For food safety, place the thermometers in the warmest part of your refrigerator (the door or top shelf) and check to make sure the temperature stays at 40° or less. This temperature range is ideal for storing foods safely and preventing the growth of bacteria. Along with your thermometer, you’ll receive a blue magnet (pictured on the right) to stick on your fridge! For more information, contact your agency to find out when you’ll be receiving your thermometer and magnet.

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For a fun, family outing, why not head to the farmers’ market to pick up some fresh fruits and vegetables? This year, the Double Up Food Bucks program will run from July 1–October 31st. This program offers families visiting the market the opportunity to purchase fruits and vegetables with their Bridge Card through the use of tokens. The amount of money you spend on tokens is matched up to $20 with Double Up Food Bucks tokens, which can then be exchanged for Michigan-grown fruits and vegetables. These tokens are accepted by the Ann Arbor Farmers’ Market, the Ypsilanti Farmers’ Market, the Chelsea Farmers’ Market and the Westside Farmers’ Market.
Sweet Potato Salad (Serves 6):
2 1/2 pounds sweet potatoes, peeled and cut into 1 inch cubes
1/3 cup plus 2 tbsp olive oil
1 tsp ground cumin
1 tsp paprika
1/8 tsp cayenne pepper
1/3 cup chopped fresh flat-leaf parsley
1/3 cup chopped fresh cilantro

Position a rack in the center of the oven and preheat to 425°F.
In a large bowl, toss the sweet potatoes to a large rimmed baking sheet and spread them out in an even layer. Roast the potatoes, stirring once after 10 minutes, until they are tender when pierced with a fork (15-20 minutes total).

While roasting, mix together the garlic, cumin, paprika, cayenne, lemon juice and remaining salt. Whisk in the remaining 1/3 cup olive oil. Add the parsley and cilantro and stir to combine.

When the potatoes are ready, return them to the large bowl. Add the vinaigrette and toss gently. Serve the salad at room temperature. You can make the salad up to two days in advance, covered and refrigerated.

Recipe source: http://www.mnn.com/food/recipes/stories/sweet-potato-salad

Summer Squash Pizza (8 servings)
1 tsp olive oil
1 tsp balsamic vinegar
1 medium zucchini, sliced
1 medium yellow squash, sliced
1 12 inch packaged pizza crust
2 plum tomatoes, sliced thinly
1/4 cup shredded cheese
2 tbsps. thinly sliced fresh basil
1/2 tsp oregano
Pinch of salt and pepper

Cooking Spray

Prepare grill.
In a large bowl, combine oil, vinegar, salt, pepper, zucchini and yellow squash in a large bowl. Place squash mixture on grill rack coated with cooking spray. Grill two minutes on each side.
Reduce grill temperature to medium.
In a food processor or blender, combine first five ingredients. Pulse until coarsely chopped. Add the other ingredients and pulse until blended. Chill until served. No blender? Finely chop the first six ingredients and combine with the rest.

Nutrition Information per serving: Calories: 165 Calories from fat: 33% Fat: 6.1g Saturated Fat: 1.5g Monounsaturated Fat: 0.7g Polyunsaturated Fat: 0.1g Protein: 5.6g Carbohydrate: 23.5g Fiber: 1.5g Cholesterol: 4mg Iron: 1.6mg Sodium: 225mg Calcium: 92mg

Recipe and Image Source: http://www.myrecipes.com/recipe/summer-squash-pizza-10000001816309/

Fresh Peach Salsa (16 Servings)
4 medium peaches, peeled and pitted
2 large tomatoes, seeded
1/2 sweet onion, cut into wedges
1/2 cup fresh cilantro
2 garlic cloves, peeled
2 4oz cans chopped green chillies
4 tps. cider vinegar
1 tsp lime juice
1/4 tsp pepper

In a food processor or blender, combine first five ingredients. Pulse until coarsely chopped. Add the other ingredients and pulse until blended. Chill until served. No blender? Finely chop the first six ingredients and combine with the rest.

Nutrition Information per serving: Calories: 20 Cholesterol: 0g Sodium: 58mg Carbohydrate: 5g Fiber: 1g Protein: 1g

Recipe and Image Source: http://www.tasteofhome.com/recipes/fresh-peach-salsa

Sweet Potato Salad (Serves 6):
1 tsp balsamic vinegar
1 tsp garlic cloves, finely minced
1 tsp paprika
1 tsp ground cumin
1/8 tsp cayenne pepper
1/3 cup chopped fresh flat-leaf parsley
1/3 cup chopped fresh cilantro

Position a rack in the center of the oven and preheat to 425°F.
In a large bowl, toss the sweet potatoes to a large rimmed baking sheet and spread them out in an even layer. Roast the potatoes, stirring once after 10 minutes, until they are tender when pierced with a fork (15-20 minutes total).

While roasting, mix together the garlic, cumin, paprika, cayenne, lemon juice and remaining salt. Whisk in the remaining 1/3 cup olive oil. Add the parsley and cilantro and stir to combine.

When the potatoes are ready, return them to the large bowl. Add the vinaigrette and toss gently. Serve the salad at room temperature. You can make the salad up to two days in advance, covered and refrigerated.

Recipe source: http://www.mnn.com/food/recipes/stories/sweet-potato-salad


Nutrition Information per serving: Calories: 104 Total Fat: 4g Saturated Fat: 0.1g Polyunsaturated Fat: 0.4g Monounsaturated Fat: 0.7g Cholesterol: 5.0 mg Sodium: 171 mg Potassium: 133 mg Total Carbohydrates: 16g Dietary Fiber: 2.0g Protein: 1.1 g Sugar: 1g

Recipe and Image Source: http://www.myrecipes.com/recipe/summer-squash-pizza-10000001816309/
Exercise!

Summer is coming, and with summer comes all kinds of fun, outdoor exercise. However, exercise in hot and humid conditions represents one of the biggest physical challenges the body can face. Exercise in this kind of environment cannot only be difficult, but it can be downright dangerous (and even deadly) if you’re not careful.

Being hot isn’t enough to constitute a major stress on the body. Heat combined with humidity poses the biggest threat, because when the air is saturated with water (like when the humidity is above 70%) sweat can’t properly evaporate off the surface of our skin. This evaporation is the body’s primary cooling mechanism. When the temperature is above 80 degrees and the humidity is above 70% the risk of heat-related illness rises quickly.

There are five simple strategies you can employ to stay safe this summer when exercising outside:

- **If possible, avoid the heat.** Try to exercise at a cooler time of the day; before 8am and after 8pm. Doing so will keep you out of the highest heat and humidity and reduce your likelihood of issues. Additionally, if possible move harder outdoor workouts to cooler days during the week.

- **Know the symptoms of heat illness.** Dizziness, nausea, confusion, tingling in limbs/muscle cramps, and dry mouth are all symptoms of heat illness. If you experience any of these symptoms, terminate exercise immediately, go indoors to a cool, dry place, and begin to rehydrate quickly.

- **Drink plenty of fluids.** Because the body is working so hard to produce sweat to cool itself, you will lose a lot more fluid when exercising in the heat. Replenishing this lost fluid is critical to safe and sustained exercise performance in the heat. The best way to replace this fluid is by using a sports beverage (like Gatorade). The sugar and electrolytes that are in Gatorade are upwards of 50% more effective at rehydrating than water by itself.

- **Slowly increase your outdoor exercise volume.** Your body can acclimate to exercise in the heat; it just has to do so slowly. Your best plan for acclimatization is to slowly increase your outdoor exercise time 10-15% each session for the first couple of weeks, especially if your fitness level is low.

- **Dress for success.** The right kind of clothing can make a difference in terms of the body’s overall ability to tolerate heat. Wearing minimal clothing (shorts and tank tops for example) allows for better air flow of the surface the skin, which permits for cooling. Additionally, wearing lighter colors (as opposed to black) keeps the body cooler by absorbing less heat. Finally, clothing manufactures make inexpensive “tech” fabric that improves moisture wicking from the skin which speeds cooling – these clothes are a worthwhile investment.

Summer is a great time to improve fitness and lose fat by doing fun outdoor activities. Follow these tips for a happy and healthy summer of outdoor exercise.

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