

June 2016

Today's Chiropractic Monthly Newsletter

Dr. Charles M. Laycock



10 Ways To Save Money On Groceries

1. Line the bottom of your refrigerator's crisper drawer with paper towels. They'll absorb the excess moisture that causes vegetables to rot.
2. To keep herbs tasting fresh for up to a month, store whole bunches, washed and sealed in plastic bags, in the freezer. When you need them, they'll be easier to chop, and they'll defrost the minute they hit a hot pan.
3. When radishes, celery, or carrots have lost their crunch, simply pop them in a bowl of iced water along with a slice of raw potato and watch the limp vegetables freshen up right before your eyes.
4. Avoid separating bananas until you plan to eat them – they spoil less quickly in a bunch. If you want them to last extra long wrap saran around the top stems!
5. Stock up on butter when it's on sale – you can store it in the freezer for up to six months. Pack the butter in an airtight container, so it doesn't take on the flavor of whatever else you're freezing.
6. In order to make cottage cheese or sour cream last longer, place the container upside down in the fridge. Inverting the tub creates a vacuum that inhibits the growth of bacteria that causes food to spoil.
7. Believe it or not, honey is the only nonperishable food substance, so don't get rid of the stuff if it crystallizes or becomes cloudy. Microwave on medium heat, in 30-second increments, to make honey clear again.
8. Keeping brown sugar in the freezer will stop it from hardening. But if you already have hardened sugar on your shelf, soften it by sealing in a bag with a slice of bread – or by microwaving on high for 30 seconds.
9. If you only need a few drops of lemon juice, avoid cutting the lemon in half – it will dry out quickly. Instead, puncture the fruit with a metal skewer and squeeze out exactly what you require.
10. If you're unsure of an egg's freshness, see how it behaves in a cup of water: Fresh eggs sink; bad ones float.

WATERMELON SALSA

Ingredients

2 cups seeded and coarsely chopped watermelon
2 tablespoons chopped onion
3 tablespoons seeded, chopped Anaheim chile
2 tablespoons balsamic vinegar
1/4 teaspoon garlic salt

Directions

In a serving bowl, mix together the watermelon, onion, and chile pepper. Season with balsamic vinegar and garlic salt. Cover and refrigerate for at least one hour to blend flavors.



Today's Chiropractic Clinic

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~Serving Our Community Since 1990~

Office Hours:
Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm
Tues: 8:30am-12pm & 2:30pm-5pm