



HEALTH & WELLNESS

MANGOS & myrcene

I once heard that mangos, in conjunction with smoking cannabis, would get you.. well super high. After reading some anecdotal tales proclaiming success, I thought it best to investigate this matter myself. A bag of frozen mango bits and a blender made for a practical and tasty means to conduct this experiment. An hour later I knew the cannabis community was right, but I wondered why- it all seemed rather intriguing, what do mangos have to do with weed, I thought.

It turns out mangos produce a terpene also found in fragrant plants such as thyme, lemongrass, basil, and cannabis. Myrcene is known for its anti-inflammatory, sedative, and pain relieving qualities. While less obvious, myrcene is also known to have antibiotic and antimutagenic qualities. The myrcene interacts with THC, creating an entourage effect which furthers the elevated sensation we get when we consume cannabis.

Silas Inskeep

MANGO GAZPACHO

2 CUPS 1/4-INCH-DICED FRESH MANGOES

2 CUPS ORANGE JUICE

2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL

1 SEEDLESS CUCUMBER, CUT INTO 1/4-INCH DICE

1 SMALL RED BELL PEPPER, SEEDED AND CUT INTO 1/4-INCH DICE

1 SMALL ONION, CUT INTO 1/4-INCH DICE

2 MEDIUM GARLIC CLOVES, MINCED

1 SMALL JALAPENO PEPPER, SEEDED AND MINCED (OPTIONAL)

3 TABLESPOONS FRESH LIME JUICE

2 TABLESPOONS CHOPPED FRESH PARSLEY, BASIL OR CILANTRO

SALT AND FRESHLY GROUND BLACK PEPPER

Directions

PROCESS MANGOES, ORANGE JUICE AND OIL IN A BLENDER OR FOOD PROCESSOR UNTIL PUREED. TRANSFER TO A MEDIUM BOWL, ALONG WITH REMAINING INGREDIENTS. SEASON WITH SALT AND PEPPER TO TASTE. REFRIGERATE UNTIL READY TO SERVE. (CAN BE MADE SEVERAL HOURS BEFORE SERVING.)