
FEATURES

Salt of the Earth

Infused, it's an easy way to
take your microdose



If there's any ingredient that holds a candle to the magic of cannabis in the kitchen, it's salt. One of the most abundant resources on the planet, salt is foundational to a range of culinary innovations, from baking to brining to preservation, and it enhances a whole world of



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flavors. Besides, our bodies can't function without it.

The mineral content of sea salt, in particular—including potassium, iron and calcium—is crucial to a range of bodily functions, from nerve transmission, muscle function and fluid retention to regulation of blood pressure.

Combined with the holistic benefits of cannabis, an infused version of this kitchen stalwart is also among the most cost-effective and underrated ways to microdose. Sometimes a pinch really is all it takes to take a dish to the next level.



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bowel disease.

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– Chef David Yusefzadeh

Classically trained chefs are among those who have embraced experimentation with infused salts in the kitchen. Both Jordan Wagman, a James Beard-nominated chef, teacher, author and advocate of medical cannabis based in Toronto, and Chef David Yusefzadeh of Cloud Creamery in Framingham, Massachusetts, swear by the transformative powers of cannabis to manage

chronic conditions. And, salt, they say, can be a good vehicle to ensure adequate dosing.

“People typically aren’t taking enough CBD daily to feel it,” says Yusefzadeh, who uses the cannabinoid to treat and prevent flare-ups of Crohn’s, an inflammatory bowel disease. “You really need to load your body on it to feel the receptors. After all, how often is anyone just taking spoonfuls of olive oil, coconut oil or grapeseed oil to get the benefits?”

Yusefzadeh recommends starting with a simple combination of salt and CBD isolate, a flavorless powder that works as a base for a range of applications. For reducing anxiety, a cucumber-mint salt can be used to rim the glass of a smoothie or sprinkle on fresh watermelon, heirloom tomatoes or radishes.

“If you’re looking for a non-psychoactive option, CBD isolate is the most potent and effective way to go,” Yusefzadeh says.

For those without CBD isolate in their pantries, ground dehydrated flower is still a good bet.

Yusefzadeh suggests adding it to an immuno-boosting ancho-chili salt to play up the flavors of charred corn, roasted potatoes, grilled carrots or something heartier.

Chef Wagman, meanwhile, uses oil infused with a 26% THC strain to

flavor, dose and moisten his toasted hemp seed salt, letting it rest for an hour or two on a sheet pan. Once dried, the infused salt can be refrigerated in an airtight container for up to four weeks. It's that simple.

"It's really about starting with the best ingredients that you can," says Wagman, who began incorporating CBD into his diet six years ago to combat the effects of psoriasis, an autoimmune skin condition he's suffered since age 12. After removing gluten, dairy and refined sugars, and adding CBD into his diet, he lost a staggering 30 pounds and found relief from a range of painful symptoms. "Buy the best ingredients, do very little to them and serve them to those you love—that's the premise to all of my food."

Wagman recommends using premium smoked Maldon sea salt as a finishing seasoning for dehydrated barbecue kale chips, proteins like steak or chicken that can be

used in a salad or even creamy hummus to be eaten with fresh vegetables.

"Kale is always my go-to with regards to a hearty green. It's hearty, anti-inflammatory," he says. "The goal is to create a sense of familiarity, a kale barbecue chip makes you think you're eating something you shouldn't, but it's

not causing any inflammation.”

In these times, staying safe,
healthy and chill are the best ways
to maintain a positive outlook for
the future.

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