

## May, 2011 Newsletter

### What's Your Favourite Cooking or Salad Oil?

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2. <http://www.olvil.com/history.html>.
3. [http://en.wikipedia.org/wiki/Expeller\\_pressing](http://en.wikipedia.org/wiki/Expeller_pressing).
4. Rosenthal A, Pyle D L, Niranjan K., "Aqueous and enzymatic processes for edible oil extraction" Department of Food Science and Technology, University of Reading, Whiteknights, Reading, United Kingdom Received 29 June 1995; revised 22 January 1996; accepted 31 January 1996. ; Available online 19 February 1999.
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<http://www.oliveoilsource.com/page/heating-olive-oil>.
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### Organic Gardening:

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2. The Toronto Master Gardeners. Organic vegetable gardening. Retrieved from [http://www.toronto.ca/livegreen/pdf/org\\_veg\\_grdn.pdf](http://www.toronto.ca/livegreen/pdf/org_veg_grdn.pdf)
3. COG PWW. (2010). The Organic Backyard: A guide to applying organic farming practices to your home or community garden.
4. Growing for green. Sharing Backyards Toronto. Retrieved from <http://sharingbackyards.wordpress.com/>
5. Organic Agriculture Centre of Canada. Research in organic agriculture. Retrieved from <http://www.organiccentre.ca/>
6. Organic gardening tips. 11 useful organic gardening products for your home garden. Retrieved from <http://www.organicgardentips.com/>
7. The Stop Community Food Centre. Green Barn. Retrieved from <http://www.thestop.org>
8. Gayla Trail. (2011). Gardening for the people. Retrieved from <http://www.yougrowgirl.com/>

### Take a Walk on the Wild Side

1. Stage of Harvest and Polyunsaturated Essential Fatty Acid Concentrations in Purslane (Portulaca oleraceae) Leaves; Palaniswamy, Usha, R., McAvoy, Richard J., and Bible, Bernard B., School of Allied Health–Asian American Studies Institute and Department of Plant Science, University of Connecticut, Storrs, Connecticut 06269 J. Agric. Food Chem., 2001, 49 (7), pp 3490–3493.
2. Movahedian, A., Ghannadi, A., and Vashirnia, M., "Hypocholesterolemic effects of purslane extract on serum lipids in rabbits fed with high cholesterol levels" (2007) International Journal of Pharmacology, Volume: 3, p. 285-289.
3. Impact of Fatty Acyl Composition and Quantity of Triglycerides on Bioaccessibility of Dietary Carotenoids Tianyao Huo<sup>†</sup>, Mario G. Ferruzzi, Steven J. Schwartz and Mark L. Failla, Department of Human Nutrition, The Ohio State University, Department of Food Science, Purdue

University, *J. Agric. Food Chem.*, 2007, 55 (22), pp 8950–8957 DOI: 10.1021/jf071687 October 10, 2007

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