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December Newsletter

December 2009



Recipe of the Month: Sweet Beet Roll-up

Learn to get in touch with the silence within yourself, and know that everything in life has purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from.

- Elisabeth Kubler-Ross

Hello Dear Friends,

It has been a full year since Rawsome Living Foods was “officially” launched with our first newsletter in December 2008. We have learned a lot this past year, met many wonderful people, traveled to Japan, began construction of our new Demo kitchen, created new recipes, ate really well, grew stronger and healthier, had a new grandchild, and enjoyed a bountiful summer.

As we look back, we are reminded of how much each of you has contributed to making our lives so wonderful. Without your support, kind words and encouragement, we would not be enjoying this miraculously joyful life. Each person we meet daily is connected to the energy of the universe and has something to teach us.

A year ago I wrote, “Stay connected. Your connection to technology, email and instant messaging, will never replace your connection with those you love. Every now and then pick up the phone and call a friend, or visit a loved one rather than

send an email or an instant message. Always remember that it's whom we love and who loves us that matters most at the end of our lives.

Finally, remember at the time you were born you were given an amazing gift - a gift that most of us forget about, as we grow older. It's the power to design your own unique life. You are an artist. The canvas is your life. From this moment on, take ownership of this gift and use it wisely. If you do, your life will become an extraordinary work of art."

We want to take this opportunity to thank you and tell you how much we appreciate you.

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." -Albert Schweitzer

We spent Saturday, November 21st in Vancouver visiting our good friend Preet at the opening of Organic Lives new location at Second and Quebec. Organic Lives (www.organiclives.org) now carries Salt Spring Island Wheatgrass as well as Chantelle's fantastic raw chocolates, wraps, pizza, burgers and pies.

Preet is an example of how a dream can lead to a passionate journey to help people change their health, that of our planet and all of it's species through the promotion of eating a plant-based diet.

At Rawsome, we believe in buying locally and supporting our neighbours. Preet works hard at finding sources that may not be local, however, use sustainable and organic agricultural practices. He has made a commitment to supporting local economies and providing his customers with the best products he can find.

If you are Vancouver and looking for raw food, we highly recommend Organic Lives.

And while I am on the subject of local business, I think I should mention that on Salt Spring Island, we are fortunate to have Natureworks Natural Foods. Craig Seedhouse believes in supporting local farmers and you can be assured that his products are fresh and natural.

And since I am in an advertising mode, Natureworks carries Salt Spring Island Frozen Wheatgrass. Our daughter Kate has been at Natureworks demonstrating how to use frozen wheatgrass in nutritious raw green smoothies as an alternative for people who have yet to invest in a juicer.

We look forward to expanding our horizons in the New Year with the opening of our Demo kitchen, the introduction of our raw living food product line, and offering more workshops and demos of raw living food preparation and on the

benefits of a raw living food lifestyle. Seasonal blessings.

“And while it takes courage to achieve greatness, it takes more courage to find fulfillment in being ordinary. For the joys that last have little relationship to achievement, to standing one step higher on the victory platform. What is the adventure in being ordinary? It is daring to love just for the pleasure of giving it away. It is venturing to give new life and to nurture it to maturity. It is working hard for the pure joy of being tired at the end of the day. It is caring and sharing and giving and loving.” - Marilyn Thomsen

A thought from Chris

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. - Melody Beattie

One of the things I am extremely grateful for is the fact that Jim and I can decide how to spend our time, within reason. We do have some predictable non-negotiable deadlines such as when we need to soak and plant wheatgrass and the deliveries we make throughout lower Vancouver Island on a twice-weekly basis. But we can decide when it may be time for a break, to not offer a December workshop and to take our time with finishing the new Demo kitchen. As much as we had hoped for a December opening, we are realizing we may not even be ready for January. And that is okay. The moment we do open will be the right moment. We continue to be grateful for your encouragement and patronage.

That doesn't mean we don't get caught up in a cycle of stress around 'have tos' and 'should ofs'. However, Jim is very good about reminding me to breathe and that the moment is what is important.

So as we enter into what is commercially one of the most hectic times of the year, I hope that all of you can take a moment to reflect on all the things you are grateful for in your life. With that will come peace, harmony and a joyful spirit.

November Workshop Testimonial:

In November we delivered two workshops entitled: Comfort Food for the Soul. One of our participants shared her experience with trying out some of the recipes. We are heartened by what Lesley has to share as we feel this demonstrates what we endeavor to impart in our workshops – an opportunity for participants to integrate and then apply into action, all they have learned and experienced.

Hi Chris and Jim,

I loved the Wednesday night class – you two work together beautifully. It was a pleasure to watch. I knew I would enjoy some of the foods. I was surprised at how much I enjoyed all of them!

Now for (what I think is) the ultimate in praise – I successfully put on a complete raw food dinner Saturday night – the garden burgers, kale chips, a garden salad

with Waldorf dressing and a Carob hazelnut cake with two!! icings. Everyone loved everything and I have to say that I only attempted it because you two made it look so very do-able! It was time consuming, yes, all cooking is, especially when you do things for the first time, but unlike most 1st time meals, there was nothing to over cook, under cook, or burn! Yahoo!!

Regards, Lesley

Coming in January:

Start the year with our **4-part '30 Day Raw Challenge' workshop series and coaching support.**

- Survival – how to survive one week on raw food with easy recipes and menu planning
- Cleaning House – physically, emotionally and environmentally – sprouting, juicing, de-toxing, rejuvenating
- Getting Creative – expanding into new territory with gourmet recipes and dehydrating
- I Made It. So Now What? – how to stay raw and love it

Each participant will receive a **free** 30-minute coaching session prior to the start of the workshop series and after the completion of the challenge.

The tentative dates are: Saturdays – January 9,16, 23, 30 from 1:00 p.m. to 4:00 p.m.

January Special

2 – 30-minute personal phone coaching sessions	Valued at \$100 - FREE
4 – 3-hour workshops	Valued at \$220 - \$20 OFF
Total	Valued at \$320 FOR \$200

More information in our next newsletter or by contacting: rawsome@shaw.ca

Health Tip (from Living Light Culinary Institute)

“During this season when many people get the flu, we are fortunate as raw food enthusiasts to be in the perfect position to keep our immune systems "tuned up". Fresh raw fruits and vegetables (especially dark leafy greens), which are full of phytonutrients, antioxidants, natural enzymes, vitamins, and minerals help us maintain a healthy immune system. Strengthening the body's digestive system is also important to ensure that we remain healthy throughout the fall and winter. Eating fermented and cultured foods like live sauerkraut, and using high quality probiotics are helpful in keeping digestion strong. Delicious warming drinks of ginger, lemon, and cayenne are also soothing and strengthening. And don't forget to take brisk walks and get plenty of fresh air and Vitamin D from sunshine!”

Kitchen Tips

Some handy equivalents:

Ingredient	Asked for:	You will need:
Apple	1 cup / 250 mL, chopped	1 medium apple: 1/4 lb / 250g
Carrot	1 cup / 250 mL, chopped or 3/4 cup / 175 mL, grated	1 large carrot
Celery	1 cup / 250 mL	2 stalks
Lemon	3 Tbsps / 45 mL juice 1 tbsp / 15 mL rind, grated	1 lemon 1 lemon
Lettuce	12 cups / 3 L torn Romaine	1 medium head= 1 lb / 500g
Mushroom	3 cups / 750 mL, sliced	8 oz / 250 g
Onion	1 cup / 250 mL, chopped	2 medium onions
Orange	1/3 cup / 75mL juice 2 tbsp / 30 mL rind, grated	1 orange 1 orange
Spinach	10 cups / 2.5 L (fresh)	1 lb / 500g
Tomato	1 1/2 cups, chopped	3 medium = 1 lb / 550g

Links and resources:

Our friend Marcus in Vancouver has put together a very cool site/blog at <http://www.eatrawvegan.com/>

Topics covered include veganism, raw vegan food and recipes, health, reviews, and events of interest to raw vegans on the West Coast.

Recipe of the month (See photo at beginning of newsletter)

Sweet Beet Roll-ups

Inspired by Russell James
Makes about 10 wraps

For the Pâté:

- 1 cup cashews
- 1/4 cup beet juice (see note)
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1 teaspoon agave

1. Rough chop a beet and place in your blender and blend.
2. Add the rest of the Pâté ingredients and process in blender or food processor until thoroughly mixed. Set aside.

Assembly:

- 3-4 zucchini, thinly sliced
 - Several handfuls of arugula
 - Sprigs of dill
 - 1 red pepper, julienned
 - 30-40 chives
1. Lay out the slices of zucchini and pat dry. Spread a thin layer of pâté on zucchini slices.
 2. Place a few arugula leaves, julienne peppers, and a sprig or two of dill. Make sure they “stick out”.
 3. Roll up like sushi.
 4. Stand on end and use a chive to tie a ribbon. Trim the end of the chive.
 5. Serve immediately.