



www.rawsomelivingfoods.ca

NOVEMBER Newsletter

November 2011



“Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.”

- Groucho Marx

This is a great time of year to get out and walk around your garden. The days are bright and crisp. Winter is approaching and it's time to put the garden to rest. It's time to rake leaves and spread them on all your plants to keep your plants extra warm during the winter. The mulch of leaves will help protect tender roots and as the leaves decay they add nutrients to your soil. If you have an over abundance of leaves, add the extras to your compost pile. Are there any limbs that are dead or dying on any of your shrubs? Now is the time to remove them.

My other chores for November include:

- Placing mulch around berries for winter protection.
- Covering rhubarb and asparagus beds with composted manure and straw.
- Cleaning and oiling garden equipment and tools before storing for winter.
- Draining and storing hoses carefully to avoid damage from freezing.

It's also a good time to think of rebirth and to look for a new apple tree to plant.

November

During November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces, in Canada and around the world. With their "Mo's", these men raise vital funds and awareness for men's health, specifically prostate cancer. Go to <http://ca.movember.com/about/> to see what you can do to support the number one male cancer, prostate cancer. Thank you.

A thought from Rawsome Coaching:

[Subscribe to the Rawsome Coaching Blog at: www.rawsomecoaching.ca or contact Chris at chrisgay@shaw.ca for coaching.]

"Whatever it is, I'm against it." - Groucho Marx

Being taken out of our comfort zone can be disarming. We may be expected to change our daily routine. We may have to consider dietary changes. We may have to contemplate how to incorporate an exercise regime into our weekly schedule. We may not be able to watch our favourite TV shows after work everyday. We may have to make decisions that result in losing some friends.

We always have a choice. And for the most part, I have observed a society that is stuck on over-consumption of foods and beverages that are not only harmful to their personal health but the health of society as a whole. If we continue to over consume animal-based products we will continue to deplete the environment of arable land that could be feeding many more people than we currently are by concentrating on the farming of animals. By choosing farming practices that are focused on industrialized mono-crops (e.g. corn) and that use fertilizers, we will continue to impact the health of our oceans due to nitrogen run off creating dead zones in our oceans and depleting crucial marine ecosystems.

All this results in environments that are toxic and compromising our planetary and personal immune systems. For the first time in history, cancer is the number one killer in Canada, replacing heart disease, which had been the primary killer.

By making the choice to not change, I see the outcomes as overwhelming. By making the choice to make changes to what I eat and how I live, I feel I have an opportunity to control my destiny. It places the global impacts within a context I can relate to and manage. I can choose to eat more plant-based foods that are primarily grown by local organic farmers and which I can compost – giving back to the soil. I can choose to not eat processed packaged foods thus reducing some of the barrage of packaging that ends up in our overflowing landfills. By eating more of a plant-based diet, I am using a preventative health care approach thus reducing my reliance on the medical system and on pharmaceuticals.

What are 3 things you can do today to make a difference in your personal life and that will have positive impacts on the broader world around you?

"Some of us hear a new idea and explore whether we can use it to improve our lives. Some of us hear a new idea and try to immediately debunk it. Which life do you want to lead?"

Alan Weiss



Upcoming Workshops and Events

For more details visit:

<http://www.rawsomelivingfoods.ca/events.html>

Coming in November –

- **Rawsome Living – Information Session – Saturday, November 5 – 2:00-3:30 p.m.**
Are you curious about what it means to eat raw plant-based foods? Are you interested in knowing about the benefits of a raw plant-based diet? Do you have lots of questions and are looking for answers? Cost \$10/person
- **Rawsome Kitchen Make It and Take It Dinner – Sunday, November 20 – 3:00 – 5:00 p.m.**
Make your own dinner to take home and eat. All you need to do is reserve your space now by contacting rawsome@shaw.ca or by phoning 250-537-2048. Payment in advance is required to hold your spot - \$22.00 per person.
- **Dinners by Design in the Rawsome Kitchen or Yours**
Looking to have a special dinner for two, a party for 12, or an intimate workshop and brunch or dinner for 6? Wanting to eat amazing raw living food AND learn about a raw living food lifestyle? Rawsome Living Foods will create the package for you. Contact Jim or Chris and we will design a meal that is rawsomenly out of this world, as well as, provide you with current information on eating raw living.

For more information and to MAKE RESERVATIONS

Email: rawsome@shaw.ca or call: 250-537-2048

Transition Tip

Can I effectively wash off pesticides from my conventionally grown fruits and vegetables?

If pesticides are present on the surfaces of your fruits and vegetables, you can definitely remove a large amount of those surface pesticides by carefully washing and lightly scrubbing. BUT (and this is a big "but"), you can't remove all of them AND you can't remove pesticides that were introduced into the fruits and vegetables while they were growing.

The amount of pesticides used on different fruit and vegetable crops can vary greatly from farm to farm and from year to year. The Environmental Working Group (EWG) headquartered in Washington, D.C., has sampled large groups of fruits and vegetables to determine which non-organic foods most consistently contain pesticide residues (and how many different residues they contain). You can visit the EWG website at: <http://www.ewg.org/foodnews/summary>. The worst offenders in the group have sometimes been tagged with the name, "Dirty Dozen." They named another group the "Clean 15" which is found to have the least amount of pesticide residues.

Following are the "Dirty Dozen" and "Clean 15" as found in their 2011 report.

Ranking	The "Dirty Dozen"
1.	Apples
2.	Celery
3.	Strawberries
4.	Peaches
5.	Spinach
6.	Nectarines-imported
7.	Grapes-imported
8.	Sweet bell peppers
9.	Potatoes
10.	Blueberries-domestic
11.	Lettuce
12.	Kale/collard greens

Ranking	The "Clean 15"
1.	Onion
2.	Sweet Corn
3.	Pineapples
4.	Avocado
5.	Asparagus
6.	Sweet peas
7.	Mangoes
8.	Eggplant

9.	Cantaloupe-domestic
10.	Kiwifruit
11.	Cabbage
12.	Watermelon
13.	Sweet potatoes
14.	Grapefruit
15.	Mushrooms

Source: Environmental Working Group (2011). Shopper's Guide to Pesticides in Produce.
Available online at: <http://www.ewg.org/foodnews/summary/>

On its website, the EWG reminds all of us that when it comes to fruits and vegetables, it would be most important for us to purchase organic when we are dealing with the "Dirty Dozen" because these fruits and vegetables have the most problem with pesticide residues. All non-organically grown foods can differ dramatically in their pesticide residues and your best bet is to choose from organically grown foods that cannot by law be treated with the vast majority of synthetic pesticides.

We live in an area where we are fortunate to be able to go one step further and purchase organically grown produce whenever possible. If local organic options are not available, select from the "Clean 15" versus "Dirty Dozen" fruits and vegetables.

Recipe of the Month:

We taught a course on transitioning to raw foods at Royal Roads University in Victoria over the weekend. A question that always comes up is “How do I eat raw in the winter?” I’ll go into that in more detail next month, but here is a lovely soup that will warm you up. It can be warmed in the dehydrator.

Cilantro Miso Soup



- 1 bunch of cilantro (cilantro has properties to aid in removal of heavy metals; i.e., mercury)
- 3 cloves of garlic (garlic is a natural antibiotic)
- 1/4 tsp cayenne (cayenne can stop heart attacks, nourish the heart with vital nutrients, remove plaque from the arteries, help rebuild flesh destroyed or harmed by frostbite, heal hemorrhoids, re-build stomach tissue, heal stomach ulcers, fortify your overall health, and mitigate the most wrenching of diseases.)
- 3 tablespoons of chickpea miso (miso is full of friendly organisms for healthy digestion)
- 3 cups of warmed water--preferably filtered structured water

Put all above ingredients in Vitamix (or good kitchen blender) and blend. If you want the soup to be a bit warmer, let it blend for up to 3 minutes.

Garnish with:

- Coconut flaked or shredded
- Red pepper flakes
- Saffron
- 1 tablespoon of coconut oil (antiviral, fungal and bacterial)
- Chopped green onion
- Red pepper and tomatoes cut cleanly for crisp presentation

“The content found on these pages are the experiences of one individual and are not to be construed as a substitute for professional medical advice.”