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April Newsletter

April 2009

"One can never change the past, only the hold it has on you, and while nothing in your life is reversible, you can reverse it nevertheless." - Merle Shain



Hello Dear Friends,

As you read this newsletter, we should be in Japan! I will try to offer updates and trivia for you about our demos and travels. You can visit our "blog" at <http://rawsomelivingfoods.ca/wordpress/> or go to our website and click on the "BLOG" tab. Our first order of business is to view the cherry blossoms or Hanami. April is prime Hanami time.

How to do Hanami

Hanami literally means "flower viewing", however, it commonly refers only to cherry blossom viewing. Cherry blossom viewing is easy: Simply enjoy the intensity of the many blossoms by looking at a single tree or a group of trees. From a distance, the trees appear as beautiful clouds, while the beauty of single blossoms can be enjoyed from a close distance.

Hanami can be just a stroll in the park, but it traditionally also involves a picnic party under the blooming trees. Hanami parties have been held in Japan for many centuries, and today are held in public and private gardens and parks across the country.

Our plans for April

Apr. 2: Arrive in Japan. Stay at Radisson Hotel near Narita airport.

Apr. 3: Take a bus to Tokyo station. Masae will be waiting to take us to our next accommodation, a Japanese Ryokan in Asakusa. I asked to go to an onsen or Japanese bath. We will visit Oedon Onsen Monogatari. This is supposed to be a real bath theme park that tries to replicate old EDO <http://www.travbuddy.com/Oedo-onsen-Monogatari-v172972>.

Asakusa is still Edo.



Apr. 4: Visit Masae and Makiko's school. Meet about our trip & demos, get aromatherapy treatment and give their therapists a short speech.

Apr. 5: Day trip to Nikko, a very famous place with a temple designated as a World Heritage site.

Apr. 6: Rest and recover.

April 7: Tour of Tokyo

April 9: We will try to visit our friend Kiyoe and Mt. Fuji.

Apr. 10: Get ready for Tokyo demo!

Apr. 11/12: Demo in Tokyo - One class a day.

Apr. 13: Move to Hida Takayama.

Apr. 15: Move to Kyoto where we will stay overnight at a temple. It is probably the best season to visit and enjoy very beautiful cherry blossoms. - Guest House Yahata: <http://yahata-inn.com/en/index.html>

Apr. 18/19: Demo in Kyoto & Osaka - One class a day at two different places.

Apr. 24: Move to Fukuoka. Get ready for Fukuoka demo!

Apr. 25: Demo in Fukuoka - One class.

Apr. 27: Move to Hiroshima. This will be a very moving experience.

Apr. 28: Return to Tokyo.

Apr. 29: Say farewell to my Japanese friends.

Apr. 30: Leave Japan for home

April Workshops and Demos:

Tokyo	Sat.	Apr. 11:	13:30-16:30 pm
	Sun.	Apr. 12:	13:30-15:30 pm
Kyoto	Sat.	Apr. 11:	13:30-16:30 pm
Osaka	Sun.	Apr. 12:	13:30-15:30 pm
Fukuoka	Sat.	Apr. 25:	13:30-16:30 pm

Research/news

“Most of What You Eat is Not Real Food”

By Dr. Joseph Mercola
<http://www.mercola.com/>

The Spiegel Online conducted an interview with legendary chef Alice Waters about the "eat local" movement, which has become a force to be reckoned with in North America in recent years.

Waters was one of the pioneers of that movement -- she transformed her state's cooking in the 1970s into world-renowned "California cuisine" with her Berkeley restaurant Chez Panisse. She promoted the use of in-season produce from local farms, and advocated planting vegetable gardens in schools.

More than three decades later, Waters is still promoting sustainable agriculture. She is now vice president of the international Slow Food movement, which promotes regionally grown goods and local culinary traditions.

In the interview, Waters expressed her opinion that most of the food currently being consumed is not real food. Real food, she argues, is grown by people who take care of the land, and who refrain from using herbicides and pesticides. Real food is food that's grown for taste, and it's grown in a way that pays people a good wage for their work rather than being grown at somebody else's expense.

To read the whole interview, and see what Waters has to say about seasonal food and the spread of the eat-local movement, visit the link below:

<http://www.spiegel.de/international/zeitgeist/0,1518,606967,00.html>

Overview of Raw Food Preparation Methods

This compares nine different raw (un)cooking techniques. The raw food dish for which to use the method, the best tool, and the pros and cons of the technique. See what method you like most.

Technique	Raw Dish	Tool	Advantages	Considerations
Juicing	Vegetable Juice Fruit Juice Wheatgrass Juice Nut Milk	Centrifuge Juicer Green Star Juicer Champion Juicer	Quick Easy Fun	Expensive (good juicers) Cleaning time
Blending	Smoothies Soups Sauces Spreads Ice-cream	Vitamix Blender Blendtec Blender Hand Blender	Quick Easy Fun	Expensive (high speed blender)
Dehydrating	Crackers Cookies Bars	Dehydrator Sun Oven	Quick Easy Fun	Expensive Takes up space (Dehydrator)
Sprouting	Sprouts Grass	Sprouter Sprouting Jars Sprouting Bags	Inexpensive	Requires skill & time

Germinating	Nuts Seeds Grains	Bowl	Inexpensive Quick Easy	Need to plan in advance
Cutting	Salads precutting blender	Knives Food Processor Mandoline Spiralizer	Inexpensive Quick Easy	Not for high volumes
Chopping	Nuts Veggies Fruits	Chopper Cleaver	Inexpensive Quick Easy	Not for high volumes
Rehydrating	Juices Fruits Spreads Cakes	Spreads Mousses Smoothies	Quick Easy	Loss of some enzymes

Inspired by Best of The Raw
www.thebestofrawfood.com

Recipe of the month #1

Indian Vegetable Curry

By Chef Elaina Love

- 1 cup peas, fresh or frozen or whole sugar snap peas
- 1 cup corn, fresh or frozen
- ½ head small cauliflower, diced
- 1/2 medium eggplant, peeled and chopped into ¼ ' dice
- 2 zucchini, 1 ½ inch cubes
- 1 red pepper, cut into ¼ ' dice
- 1 cup raisins (optional)
- 2 Tbsp. extra virgin olive oil
- 2 tsp lemon juice
- 1 ½ tsp Celtic sea or Himalayan salt

Mix all the ingredients and place on a dehydrator tray lined with Teflex sheet and dehydrate for 1 ½ hours at 105 ° ... OR place on a cookie sheet in a warm oven.

SAUCE:

- ½ cup sundried tomatoes
- 1 cup chopped fresh tomato (1 medium size)
- ½ cup dried coconut soaked in ½ cup water 30 minutes
 - OR 1 cup fresh coconut meat
- 1 tsp curry powder (I like garam masala)
- 1/8 tsp (a dash) cinnamon
- a pinch of clove
- ¼ tsp cayenne pepper
- ½ cup water
- ½ tsp salt
- 1 tbsp onion powder
- 1 tbsp light miso
- 1 or 2 dates

Blend sauce until smooth and pour over the marinated vegetables. Curry will keep for 5 days in the refrigerator. This dish is yummy when served warm.

Recipe of the month #2:

Hot Chocolate Brownies

- 4 cups walnuts, soaked and dehydrated
- ½ cup pitted soft dates, chopped
- ½ cup dried figs, soaked 15 minutes, drained and chopped
- 2 tablespoons coconut oil, warmed to liquid
- 1 cup cocoa powder
- 2 teaspoons vanilla
- ¼ teaspoon cinnamon
- ¼ teaspoon cayenne pepper, or to taste
- ½ cup walnuts, soaked, dehydrated and chopped

Place 4 cups of walnuts in a food processor and pulse until they reach the consistency of meal. Add the remaining ingredients, except the chopped walnuts and continue processing until well mixed and sticky. Put the mixture into a bowl and mix in the remaining chopped walnuts. Press the mixture into a brownie pan, chill and slice.