

April Newsletter

April 2013



Sakura

“Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.”

- Buddha

Spring is a time for budding thoughts and giving full bloom to fresh ideas. Much of the incentive for creating Rawsome Living Foods had to do with Jim's introduction to the Japanese company Japan Association for Living Beauty <http://www.rawfood-kentei.com/category/1276405.html>. Shortly after we started holding classes on live plant-based food preparation in our home kitchen and dining room, Jim was invited to Japan in April 2009 to deliver informational workshops on live plant-based food preparation in a number of cities throughout Japan. A year later we built a demonstration kitchen and hosted sixteen Japanese students for a week of training.

Since that time there has been no looking back. Jim is invited yearly each spring to Tokyo to teach a number of students in advanced raw living food preparation. What we have created here on Salt Spring Island has been a living food laboratory of what is possible anywhere in the world. In fact, the students in Japan have looked to Jim for ideas, creative inspiration, and opportunities. Many have modeled their in-own-home workshops and weekly café offerings based on what they saw us doing in our home demonstration kitchen. They recognized that the product line of crackers, bagels and cream cheese, granola, ice cream and raw-colates as well as catered numerous dinners and events was something they could also do in their country and in their communities.

In addition, we had a Japanese apprentice with us for three months in 2010 assisting us with our weekly café throughout the summer, when we were still operating from our demonstration kitchen on Long Harbour.

People said if you only supply 'raw' food, no one will come. Pitching a live plant-based diet is equally, if not, more challenging in Japan. But today, they have trained hundreds of students, many of whom have opened raw food eateries. Again, our venture in creating Rawsome Living Foods Café and Juice Bar has served as an inspiration for their vision in Japan. We believe, if you present food in a way that captures the vibrancy of all that is alive, fresh, whole, and plant-based, people will not only come, they will consider incorporating more live plant-based foods into their diet.

The culture of a nation, of a people, is embedded in its language, its art and its history... but culture is exemplified by food. Our choices in food are governed by climate and environment, and food defines tradition and to some extent the spirituality and religion of the people. The traditional food of a people chronicles their nation and their cultural history.

When we think of any culture, at some point our thoughts drift to a certain food. Overtime, the Japanese have put their stamp on live plant-based cuisine. We applaud the determination and commitment of Japan Association for Living Beauty in persevering to expand the notion of live plant-based cuisine into everyday Japanese culture. We thank them for valuing the expertise of Chef Jim and for including Rawsome Living Foods in their journey.



A thought from Rawsome Coaching:

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*Any time you sincerely want to make a change, the first thing you must do is to raise your standards. -
Anthony Robbins*

It is so easy to set a goal for oneself that truly does not stretch you. For example, if you are eating cooked vegetables from a can and decide that you want to eat healthier and opt for frozen vegetables, there is some merit to that, but the bar really hasn't been set all that high. It really is only substituting one packaged product for another. And if neither is organic, then the standard or quality is questionable at best.

OK, so how do we raise one's standards? A start may be to only purchase fresh vegetables and optimally organic. If that isn't possible, then buy local. If that isn't possible, then purchase fresh vegetables from away, but again apply the organic lens on it first whenever possible.

When considering making a change, it is important to determine why you are making a change. At this time of year, many people are considering a change in diet because they want to lose weight. What I often hear is that they will now drink smoothies for breakfast. Well that could make a difference depending on what is in the smoothie. If the smoothie has little fruit but more fresh greens, and that is a shift for you, then it may make a difference – but what else?

Lets consider upping the ante and think about what would elevate your standard to truly impact your weight.

1. 8 cups of water a day or more – 30 minutes prior to each meal and in between meals.
2. A green smoothie for breakfast loaded with 1-2 cups of fresh dark leafy greens with minimal fruit and possibly some supplements like spirulina and/or hemp seeds or chia seeds.
3. Snacks can be either fresh fruit or vegetables – no dips.
4. Lunch can be a large salad with no nuts or oil. Lots of vegetables and lettuce and other dark leafy greens plus freshly squeezed lemon and a sprinkling of fresh or dried herbs for added flavour.
5. Dinner – can be a pureed raw soup, or raw zucchini pasta and marinara, or vegetable sushi, with a large salad like described at lunch. If only eating salad then you may want to add some avocado and/or nuts or seeds for added density.
6. Dessert – frozen banana ice cream.

And exercise. If you already walk for 20 minutes a day, then walk an additional 20 minutes. Or add in another form of exercise three times of week such as yoga, or a bike ride, or a swim. Variety keeps things fresh. In addition, rather than taking elevators or escalators, use the stairs.

Are you building in time to breathe? Take in deep cleansing breaths every morning or when you are feeling fatigued (or hungry) focus on deep breaths. Feel the energy and fuel you receive from nourishing your body through oxygen input.

For some this may be increasing your standards immeasurably. For others, it may only be mirroring your current lifestyle. It's up to you to determine what will really raise your standards and the first step is to be honest with yourself. Only you can make a difference. So what is the change you want to be?



Upcoming Workshops and Events

For more details visit:

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

Coming in April

- **Salt Spring Saturday Market**

Rawsome Living Foods Café and Juice Bar welcomes the return of the Salt Spring Saturday Market from now until Thanksgiving weekend in October. Look for our display of Rawsome Products in front of the café in the heart of the Market, spontaneous demos and/or samples, and our ever-amazing juices, smoothies, entrees and desserts.

- **Special Orders**

Rawsome Living Foods Café and Juice Bar makes cakes, other desserts, pizza shells, almond bread, bagels, cream cheese, crackers, and burgers to order. If you are looking for a special Birthday or Wedding cake, a fully catered 3-course Gourmet Meal (in your home or at the café), or some products to take home to create your own live plant-based meal, contact us at Rawsome Living Foods. **For more information and to reserve your special orders email: rawsome@shaw.ca or call: 250-537-2048**

Transition Tips:

The Four Flavours, Fats and Spices

The primary flavours gave early humans clues about what food was good to eat and what was harmful. Calories could be provided by **sweet** foods. Important vitamins and minerals were provided by **salty** foods. **Sour** foods like oranges, or spoiled food like rotten milk could be healthy. **Bitter** tastes were often associated with poisonous plants.

The food industry discovered that by enhancing the flavour of processed food, consumers could be “tricked” into believing that “food” had nutritional value when actually there wasn't.

Sweets

- The matriarch of flavours brings balance to all other flavours
- Elicits pleasure

Examples: Dates, dried and fresh fruit, sun dried tomatoes, agave, maple syrup, etc.

Salty

- Universal flavour enhancer
- Adds depth and roundness

Examples: sea salt, tamari, miso, sea vegetables, celery, etc.

Sour (acid/tart)

- Enhances other flavours (use in small amounts)
- Adds intensity
- Reduces amount of salt needed
- Adds brilliance/liveliness
- Reduces oxidation in greens

Examples: lemons, limes, tamarind, citrus fruit, etc.

Bitter

- In Ayurvedic tradition, bitter releases a chemical in the brain to create a strong constitution
- High alkalinity

Examples: Romaine lettuce, kale, chard, parsley, basil, nutmeg, etc.

The Fifth Flavour- In the early 1900s, Kikunae Ikeda isolated glutamic acid as a distinct fifth taste - that of the savory seaweed common in Japanese cooking. Ikeda named this fifth taste **umami**, meaning delicious and savory taste.

Fats (Fat could actually be the sixth taste.)

- The patriarch of flavours carries and emulsifies all other flavours
 - Adds richness
- Examples:* cold pressed oils, avocado, nuts, coconut meat, etc.

And also...

Spicy (pungent)

- Adds intensity

Examples: ginger, garlic, onion, chili pepper, mustard, etc.

Aromatic Herbs and Spices

- Add interest and variety
- Adds ethnic flavour
- Transforms food from common to extraordinary

Examples: oregano, cumin, cinnamon, sage, etc.

Rawcolates



Ingredients:

- 8 oz. cacao paste
- 6 oz. cacao butter
- 6 oz. maple syrup (may substitute with agave and or coconut palm nectar)
- 1 Tbsp coconut sugar
- 1 - 2 oz. vanilla extract or 1/4 - 1/2 tsp vanilla powder
- Pinch of salt

Directions:

Melt cacao paste and cacao butter in dehydrator set at 125°. If cacao paste and cacao butter are shredded it will speed up melting.

Check temperature with candy thermometer! Do not let mix go above 120°.

When cacao paste and cacao butter are liquefied, check temperature.

Remove chocolate from dehydrator, add sweetener, and mix well. Let mix cool to 80°.

Return to dehydrator and bring back to 105°.

Pour into molds.

Next Month: ***Tempering Chocolate***