



www.rawsomelivingfoods.ca

AUGUST Newsletter

August 2011



*"Learning is finding out what you already know.
Doing is demonstrating that you know it.
Teaching is reminding others that they know just as well as you.
You are all learners, doers, teachers ". - Richard Bach*

I enjoy what I do. I am passionate about what I do. I work (or play) very hard at what I passionately enjoy doing. But it seems that Chris and I are always looking for another challenge.

We believe that we lead by example. If we are going to be RAW foodists, we need to live what we believe. This philosophy led me to teaching in Japan. And now Chris and I are offering the course I teach in Japan to groups of students on Salt Spring Island. The course consists of 10 weeks of classes, based on two hours of class work and two hours of practical work in the kitchen.

We registered our first class on June 24th and we are now in the 5th week of Raw Chef Course Level 1. The very first Canadian students are all young, bright, energetic and motivated. It is a joy to offer this training to them and extremely rewarding.

We believe that food is energy and our expectation is for the students to approach their training with respect and to treat food preparation with love and mindfulness.

We offer the training in two formats: the 10-week session or an intensive 6-day programme. If you are interested in attending the next session, please contact us at Rawsome Living Foods – rawsome@shaw.ca

A thought from Rawsome Coaching:

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

Here on the West Coast of Canada, summer has been sporadic at best, non-existent for the most part. In many ways the weather has been weighing me down. The West Coast is not known for bright sunny winters. In fact, it isn't uncommon here on Salt Spring Island for people to leave for a good part of the winter for warmer, sunnier climes, with the belief that when they return in the spring, the warmer, drier and sunnier weather will have returned.

Our daily dose of Vitamin D has been in short supply. I've noticed that my disposition has been heavier along with my desire to eat heavier foods to give me a feeling of internal warmth and comfort.

What's striking is that I've been looking at externals to lift me rather than looking within. If only the weather was better I'd feel happier; if I eat this rich dessert then everything will be better; if more people contacted me for coaching I'd feel more fulfilled professionally. The list of 'what ifs' has grown, while I still haven't addressed what I'm feeling inside. No amount of money, time or energy spent on complaining or laying blame elsewhere will remedy what's missing in my heart.

Recently I was introduced to a new website – ***Health Wealth*** – <http://www.healthwealth.ca/> put together by Marcia Mundell. Three years ago she was diagnosed with multiple sclerosis. This is a woman who is vibrant, had been eating primarily vegetarian for years, and had a satisfying and rich life. The diagnosis was a wake up call. Sometimes there is just no explaining why one person is hit with such potentially devastating news while others who lead much less healthy lives, experience very little by the way of a health crisis.

She has found wealth through health and all that it means to her. What I have learned over the past few years, is that at some point along one's journey dealing with a health crisis, they come to an awareness of the finite nature of life and how blessed each moment is for them. While coming to terms with their diagnosis and exploring options, they settle on what is best for them alone. And with that comes a certain 'selfishness' that is pure, unencumbered, and honest.

We each have a finite time on this planet and what we make of it, the quality of that life, and the value we place on it is entirely up to each one of us, in our own way, in our own time, and for us only. It's up to each one of us to lift the weight – internal and external, and to honour this life we have been blessed with.

Self-Coaching Activity

1. Find a daily practice that places you in silence.
2. Find a quiet spot, sit upright (eyes open or closed), and breathe deeply.
3. Let your mind go blank. If thoughts intrude, accept them and then refocus and breathe in again. Pick a mantra that resonates with your values – e.g. 'I am Grateful' – to help you refocus.
4. Aim for 5 minutes and gradually increase the time to 20.

*Wholeheartedness - Love with whole hearts. Practice gratitude. Believe we are enough.
– Dr. Brene Brown*



Upcoming Workshops and Events

For more details visit:

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

An article by Melinda Quintero on AgriTourism on Salt Spring Island went online July 7th on FROMMERS website (<http://www.frommers.com/>). Rawsome Living Foods was one of 12 locations highlighted by Frommers Travel guide. Visit http://www.frommers.com/slideshow/?p=1&group=600&cat_cd=ARTCULTURE#slide for more information on Salt Spring Island.

Coming in August

June 1st to August 24th

Rawsome Kitchen Farm Gate Take Out and Demos

Every Wednesday from 12 Noon to 3:00 pm

854 Long Harbour Road

August Specials

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|-------------|-----------------|--|
| August 3 – | Entrée: | Vegetable Teriyaki |
| | Dessert: | Berry Surprise Cheesecake |
| August 10 – | Entrée: | Falafel & Hummus Wrap with Mediterranean
"Roasted" Vegetables |
| | Dessert: | Apple Baklava |
| August 17 – | Entrée: | Fettuccine Alfredo |
| | Dessert: | Chocolate Torte with Whipped Cashew Cream |
| August 24 – | Entrée: | "Where's the Beet" Burgers |
| | Dessert: | Apple Walnut Tart |

Dinners by Design in the Rawsome Kitchen or Yours

Would you like 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 us and we will design a meal that is rawsomenly out of this world, as well as, provide you with current information on eating a raw living diet.

Tuesday Farmer's Market

Every Tuesday from 3 to 7

Centennial Park, Salt Spring Island

Coming in the Fall:

Rawsome Kitchen "Two Hour" Demos

Learn a new entrée and dessert recipe - \$22.00 (limited seating)

Sundays (TBA) from 1:00 to 3:00 pm

854 Long Harbour Road

For more information and to MAKE RESERVATIONS

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

“But aren’t bacteria a concern?”

"It's probably not a good idea to take too personal an interest in your microbes. Louis Pasteur, the great French chemist and bacteriologist, became so preoccupied with them that he took to peering critically at every dish placed before him with a magnifying glass, a habit that presumably did not win him many repeat invitations to dinner.

"In fact, there is no point in trying to hide from your bacteria, for they are on and around you always, in numbers you can't conceive. If you are in good health and averagely diligent about hygiene, you will have a herd about one trillion bacteria grazing on your fleshy plains - about a hundred thousand of them on every square centimeter of skin. They are there to dine off the ten billion or so flakes of skin you shed every day, plus all the tasty oils and fortifying minerals that seep out from every pore and fissure. You are for them the ultimate food court, with the convenience of warmth and constant mobility thrown in. By way of thanks, they give you B.O.

"And those are just the bacteria that inhabit your skin. There are trillions more tucked away in your gut and nasal passages, clinging to your hair and eyelashes, swimming over the surface of your eyes, drilling through the enamel of your teeth. Your digestive system alone is host to more than a hundred trillion microbes, of at least four hundred types. Some deal with sugars, some with starches, some attack other bacteria. A surprising number, like the ubiquitous intestinal spirochetes, have no detectable function at all. They just seem to like to be with you. Every human body consists of about 10 quadrillion cells, but about 100 quadrillion bacterial cells. They are, in short, a big part of us. From the bacteria's point of view, of course, we are a rather small part of them.

"Because we humans are big and clever enough to produce and utilize antibiotics and disinfectants, it is easy to convince ourselves that we have banished bacteria to the fringes of existence. Don't you believe it. Bacteria may not build cities or have interesting social lives, but they will be here when the Sun explodes. This is their planet, and we are on it only because they allow us to be.

"Bacteria, never forget, got along for billions of years without us. We couldn't survive a day without them. ... And they are amazingly prolific. The more frantic among them can yield a new generation in less than ten minutes; *Clostridium perfringens*, the disagreeable little organism that causes gangrene, can reproduce in nine minutes. At such a rate, a single bacterium could theoretically produce more offspring in two days than there are protons in the universe. 'Given an adequate supply of nutrients, a single bacterial cell can generate 280,000 billion individuals in a single day,' according to the Belgian biochemist and Nobel laureate Christian de Duve. In the same period, a human cell can just about manage a single division."

From *A Short History of Nearly Everything* by Bill Bryson

Recipe of the month:



A.K.A. “Nanaimo Bars”

NELL'S RAW NANAIMO BAR

Yield: Makes about 36 squares- 1” x 1 ¼”

This recipe begins with a base layer of cacao or carob powder, chopped walnuts, dates and coconut. This mixture is pressed into a 7” x 11” (18 x 28 cm) dish, chilled and then covered with a rich layer of cashew cream made with cacao butter and maple syrup, and a little almond milk. An important part of this “butter cream” is the lecithin, which acts a binder.

The finishing touch is a coating of chocolate icing that provides a slight crunch as you bite into the bars. Because chocolate is one of the more dominant flavours, make sure to use a good quality organic raw cacao. Once the icing is spread over the middle layer and has been left to set, cut the squares with a sharp [knife](#) that has been dipped in hot water and then wiped off.

Base:

- 2 cups walnuts
- ¼ cup dates
- ¼ cup cacao or carob powder
- ¼ cup coarsely chopped walnuts
- ¼ cup shaved coconut
- 3 tablespoons of water

1. In a food processor with the “S” blade grind the walnuts until they resemble a

fine meal.

2. Separate the dates and add them to the walnuts. Continue until mixture is well combined.
3. Add the carob or cacao powder and mix.
4. Place mixed ingredients in large mixing bowl and add in chopped walnuts and shredded coconut. Mix well. Press the mixture evenly into the 7"X11" pan. Cover and refrigerate until firm (about an hour).

Cream Filling:

- 2 cups cashews, soaked for 2 to 4 hours
 - 1/3 cup maple syrup
 - 1/3 cup coconut oil or cacao butter
 - 1/2 teaspoon pure vanilla extract
 - 2 tablespoons lecithin
 - 1/2 + cup water (or almond milk), as needed
1. In a blender grind cashews until smooth, adding extra water to maintain a smooth consistency.
 2. Add in maple syrup, vanilla and lecithin.
 3. Slowly add coconut oil until blended. Be careful not to over mix.
 4. Spread the filling over the bottom layer, cover, and refrigerate until firm (about 30 minutes).

Top:

- 2/3 cup cacao butter or coconut oil
 - 6 tablespoons cacao or carob powder
 - 2/3 cup Rapadura (dehydrated cane sugar)
 - 1 teaspoon vanilla extract
 - 1/4 teaspoon Himalayan crystal salt
1. In a dehydrator (or heatproof bowl over a saucepan of simmering water) bring the cacao butter to a liquid state.
 2. Combine all ingredients in a blender. Add only enough water to create a smooth spreadable mix.
 3. Spread over the filling and refrigerate.

Serve:

To prevent the chocolate from cracking, using a sharp knife, bring the squares to room temperature before cutting. Store in refrigerator for up to one week. May be frozen.

Yield: Makes about 36 squares - 1" x 1 1/4"