



[www.rawsomelivingfoods.ca](http://www.rawsomelivingfoods.ca)

"Our mission is to be inclusive, non-judgmental and welcoming; ready to engage anyone interested in Living Food to strive for a more healthy lifestyle. The struggle with health concerns can be daunting. Our goal is to convince anyone struggling with health opportunities to be passionately patient with yourself."

## AUGUST Newsletter

July 2012



*Chefs Estela and Paisley repeating their plating skills on opening day at Rawsome Living Foods Café and Juice Bar*

*"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen." Mohammed Ali*

It seems a little hard to believe that 5 weeks ago we opened the doors of Rawsome Café and Juice Bar. Some days it feels like we have been opened only a day or so and other days it feels as old and comfortable as a pair of worn in jeans.

Chris and I are still best friends and in love. We know that in the long run, long days and short nights are probably not the wisest way to lead a healthy life. Fortunately we continue to eat well. We sit at the end of the day and reflect on how much money we spend, how little we take in and then laugh and say that at least we eat really well.

Has it been a good experience? In the words of [Mahatma Gandhi](#), “Be the change that you wish to see in the world.” If the change I wish to see speaks of health, clear thinking, environmental concern, sharing the bounty with others, laughing and following your passion then I am having a very good experience. I am learning more about myself and what I can do and learning to let go. Some days it is easier than others.

Mohammed Ali speaks about the repetition of affirmations and how that leads to belief. My affirmation is – I am blessed and I am grateful to the Mother, to you and most of all...I am grateful to Chris for all her love, support, patience, acceptance and gentle reminders about being a better person each day.

I am truly blessed.

This newsletter is a bit of a repeat as well. Our Transition Tips about Bacteria just seemed worthwhile repeating. And who can resist a repeat of our Rawsome Nanaimo Bars. We've yet to sell them at the Café but bringing this recipe back may just inspire us to sell them there soon.

## ***A thought from Rawsome Coaching:***

*[Subscribe to the Rawsome Coaching Blog at: [www.rawsomecoaching.ca](http://www.rawsomecoaching.ca)]*

*It is not so much what you believe in that matters, it's more the way in which you believe it and proceed to translate that belief into action. - Lin Yutang (1895-1976) Chinese Author*

It's pretty obvious that we have a strong belief in health. We believe that the surest way to maintain a life that is abundant and vibrant comes from eating foods that are alive and plant-based, living honestly and with integrity, and sharing from the heart. We have translated that belief into action through the workshops we have delivered, the food that we have produced and sold, and now on a daily basis in our café with our food and juice/smoothie options, as well as personal service.

What do you believe in? Are you translating that belief into action?

I have lived a life in the past, working at a job that did not resonate with my beliefs. It was a daily struggle to find the puzzle pieces that would fit and hopefully make it work for me. The day the puzzle came together for me was the day I could honestly admit to myself it was time to leave. And I did. When I look back on those times, I now recognize what a challenge each day was for me. The compromises I had to make in order to maintain a daily existence in an environment that never felt comfortable.

These days there are moments I don't want to work long hours everyday and I wish I could find more balance in my life. But what I do know is that I believe in what we are doing. I love the end product. I appreciate how satisfied people are. I am amazed by the openness and acceptance from the larger community. I feel like we have a place in this puzzle called Salt Spring Island and it is one that allows us to be who we are. It is refreshing and reaffirming.

If you find yourself questioning what you are doing everyday – then take time to ask the tough questions:

1. What do I believe in?
2. Can I live my truth on a daily basis by doing what I do in my current situation?
3. What would allow me to live my truth?
4. What do I need to do differently?
5. When am I prepared to make the necessary changes?

If you find you are living your truth and putting your beliefs into action, then applaud yourself for living a life that is abundant and whole. If you are struggling to reach a life that is fulfilling, acknowledge what an accomplishment it is for you to maintain and make it through each day with your integrity intact. And then challenge yourself to find ways to create days that are more in alignment with the life you wish to lead. It is an evolving process. Be patient and be vigilant. Anything is possible.

*We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. The old skin has to be shed before the new one can come. - Joseph Campbell*

# **Rawsome Living Foods Juice Bar and Café**

Raw, natural, organic, vegan, living food



#106-149-Fulford-Ganges Road,  
Salt Spring Island, BC  
250-537-2048

Open Monday to Saturday – 10:00 a.m. to 4:00 p.m.

Enjoy an ever-evolving menu of juices, smoothies, cold-pressed coffee, oatmeal, granola, fruit bowl, coconut yogurt, burgers, bagels, crackers, pizzas, soups, salads, special soups, salads and entrees of the week, and decadent desserts.

Made on site, all plant-based, all wheat and dairy free, using as much **local** organic produce as possible.

Check out the menu here:

<http://rawsome.ca/menu/>

**Coming August 10-12 – SOLD OUT!**  
**Click Below to Learn More About the Destination  
Event of the Summer!**



**Raw on the Rawk ~ Living Foods Festival**  
August 10 - 12, 2012, Salt Spring Island, BC

## Transition Tips

### ***“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 you 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

The other day one of our friends reminded me of this recipe. One day I am going to try and offer it at the café... one day.

***Recipe of the month:***



**A.K.A. “Nanaimo Bars”**

**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 agave, 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 agave, 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"