



www.rawsomelivingfoods.ca

December Newsletter

December 2010



"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

We are filled with gratitude for a year filled with joy and abundance. Too often we take for granted all the wonderful gifts we have been given simply because they are there. Even when we try to take a moment each day to meditate on all we have to appreciate, we forget to acknowledge all the gifts that this planet and this time bestow upon us.

So as this year ends and we look forward to a new year and new adventures, we want to take this moment to offer a devout thanksgiving for all our friends, the old and the new.

We are especially appreciative of all our guests, students and, workshop participants who bring us so much delight and pleasure. They have shared their journeys and struggles, adventures and discoveries so openly. We are grateful to our suppliers who provide us with amazingly healthy and socially conscious food. We live in gratitude of our surroundings on Salt Spring Island amidst the love of family and friends.

We are grateful to Terri Bibby, from www.bibbycommunications.ca, our web master *extraordinaire* for helping us put together our new calendar of events for 2011 <http://www.rawsomelivingfoods.ca/events.html> We hope to offer a wonderful schedule of workshops, dinners, classes, and of course the "Not-A-Cafe" for 2011.

A thought from Rawsome Coaching:

Stress is either an accelerant or a trigger to cancer; then cancer is a trigger or accelerant to life change. - Brett Wilson

I'm always amazed when individuals who have received a diagnosis can see 'disease' as an opportunity rather than a death sentence. It becomes a chance to break free from the habitually destructive ways they have been living. Suddenly they feel like they have permission to live differently. Others embrace the illness in its totality and assume all manifestations that come with it. It is as if they are caught in a perpetual cycle of ill health that leads to new diagnosis upon new diagnosis.

We all have a choice in how we want to live. Sometimes making an alternative choice is so darn scary that breeding new illnesses is preferable to regaining control of one's life and trying a new approach.

Before we can contemplate another way of living, we have to love ourselves enough to care to make a difference.

Self-Coaching Activity:

1. Write down all the things you like about yourself. Think beyond looks and dig deeper. (I.e. I like how I can make others laugh. I like how I can create games. I like how I inspire others to contribute to a good cause.)
2. Write down all the things you have heard people say they like about you. Reflect on comments you have heard or read about your actions. (E.g. you know what to say when someone is feeling blue. You always follow through on what you say you will do. You are thoughtful.)
3. Be amazed at the list. Sit with it. Take it in. Put it somewhere that you can look at it daily. Be thankful for the highly resourceful, creative, and loving person that you are.
4. Commit to one act of 'self-love' before the end of December. (E.g. take yourself on a 30-minute walk in your favourite park. Drink a smoothie made with your favourite fruits. Take a soothing herbal bath, light candles and play your favourite music.)
5. Love yourself.

Next month we'll begin to look at some simple dietary changes we can make to show our bodies how much we love ourselves. Until then, be grateful for you.

When it comes to life, the critical thing is whether you take things for granted or take them with gratitude. - GK Chesterton

Want to learn more ways to love yourself?

Give Chris a call at **Rawsome Coaching** [<http://www.rawsomecoaching.ca/>] for a 30-minute free coaching session at 250-537-2048 or email chrisgay@shaw.ca

Upcoming Workshops and Events to post on your calendar:

- **Dessert Workshop Rescheduled Reservations Required**
Saturday December 11th from 1:00 pm to 4:00 pm
- **Rawsome Kitchen Product Sale – Drop In**
December 18th, 19th, 20th from 12:00 pm to 3:00 pm
- **Survival Workshop – Start The New Year Healthy – Reservations Required**
Saturday January 8th from 1:00 pm to 4:40 pm
- **Cleaning House Workshop – Start The New Year Healthy – Reservations Required**
Sunday January 9th from 1:00 pm to 4:40 pm
- **A Groundhog Day Brunch at the ‘Not A Cafe’ – Reservations Required**
Wednesday February 2nd from 12:00 pm to 3:00 pm
- **A Valentine’s Day dinner at ‘Not A Cafe’ - Reservations Required**
Saturday February 12th from 7:00 pm to 9:00 pm
- **Bake Shop Workshop – learn to make crackers, bread, cookies – Reservations Required**
Saturday February 26th from 1:00 pm to 3:00 pm
- **Green Giant Workshop – Green Smoothies, Green Juices, Sprouts – Reservations Required**
Saturday March 13th from 1:00 pm to 3:00 pm
- **Chef Level 1 – Tokyo – Some Travel Required**
March 25th to 27th Full days
- **Not a Boring Salad Workshop – Experimenting with salads – Reservations Required**
Saturday April 9th from 1:00 pm to 3:00 pm
- **‘Not A Cafe’ opens Each and Every Thursday until September – Drop-in**
Thursday May 5th from 12:00 pm to 3:00 pm

For information and to MAKE RESERVATIONS

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

For more details visit:

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



All raw, all natural, all living food

T'is the Season to be RAW

The Rawsome Kitchen is open

We appreciate all the support and encouragement we have received this past year. As a token of our appreciation for an inspiring year we will be opening up the kitchen on **December 18, 19, and 20**. The Rawsome Kitchen will be making a wide variety of treats and sweets for you to take home and enjoy.

Drop in any time between noon and 3 p.m. to pick up:

Rawcolates
Crackers
Bagels
Cream Cheese
Granola
Cookies
Ice Cream
Pies and cakes BY PRE ORDER

**Hoping our Rawsome treats will make your seasonal events
merry and bright.
Jim and Chris.**

Transition Tips:

(From our first newsletter in December 2008)

How can I go raw if I live in a cold climate?

As we move deeper into the cold months, it's important to remember that raw foods don't have to mean cold foods. Below are a few timely tips for warming foods from Cherie Soria's latest book *The Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy Feel Younger*.

- Enjoy a warming breakfast of Buckwheat Muesli or Cinnamon Oatmeal, with warm Almond Milk and bananas.
- For breakfast or an afternoon snack, have raw almond butter, with apples or bananas. If you're brave, sprinkle a generous dose of cayenne on top for an extra kick.
- Use hot water instead of cold water in your smoothies and blended soups.
- Wash your refrigerated produce in warm water or put it in a warm water bath for a few minutes before using it.
- Have a cup of warm miso soup or warm ginger tea before eating your cooler raw meal. This will also reduce your appetite without adding calories.
- Pour nearly boiling water over your refrigerated broccoli or cauliflower and let it rest for a few minutes to warm it up before using it in salads, pates, or other dishes that will be consumed immediately.
- If you are on an 80% raw diet program, add some baked or steamed root vegetables or cooked sprouted lentils to your soups and salads.
- Make a warm soup of finely julienned vegetables and hot water. Add mushroom powder, tamari, and grated fresh ginger to boost the flavor.
- Use a dehydrator to warm dishes like raw stuffed mushrooms and marinated kale. Be sure to use a covered glass dish so the item doesn't dry out. Other foods, such as marinated vegetables, can be put in a jar and then immersed in hot water to warm them up quickly before serving.
- Drink a cup of warm ginger tea sweetened with a little maple syrup before bedtime. It will help you warm those cold sheets.

Research/Links of Interest:

I thought it might be of interest to share this tidbit from ***Psychology Today***

(January, 2005; www.psychologytoday.com):

“The secret of losing weight and keeping it off may be linked to Albert Einstein, who taught us to think relatively. Research conducted at the University of Western Australia reveals that people who diet often have an all-or-nothing mentality. They see the results of their diets as either a success or a failure.... Most people on diets stop losing weight after around 20 weeks. Those who haven't yet reached their weight goal tend to consider themselves a failure and slide back into old eating patterns. A more relative view of the world, taking account of the grey areas in between black and white, and between fat and slim, is an important condition for keeping pounds off.”

Recipe of the month:

Winter “Figgy” Pudding with Custard

With gratitude to Russell James

For the pudding:

- 2 cups almond pulp
- 1 cup pitted dates, soaked
- 1 cup raisins
- 1 cup sultanas, or other white, seedless grape
- 1/2 cups currents
- 1/2 tsp lemon zest
- 1/2 tsp orange zest
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp all spice
- 2 figs
- 1/2 cup cherries
- Pinch salt
- 1 apple chopped into small pieces

Grind all ingredients in a food processor.

Press into individual pudding molds lined with plastic wrap. Turn out onto dehydrator tray.

Dehydrate for 8 - 12 hours at 105°F/40°C

For the custard:

- 1 cup almond milk
- The flesh of one mango
- 2 tsps vanilla extract
- 1 tbsp maple syrup
- 2 pinches of salt
- 1/2 tsp. lemon juice

Blend all ingredients until smooth.

Serve with pudding.

Garnish: Orange and lemon zest