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DECEMBER Newsletter

December 2011



“There is a privacy about it which no other season gives you.... In spring, summer and fall people sort of have an open season on each other; only in the winter, in the country, can you have longer, quiet stretches when you can savor belonging to yourself.”- Ruth Stout

December marks the third anniversary (December 2008) of our newsletter and so we thought we would like to share this anniversary with you! Order your raw treats for Christmas and receive a gift package of our signature raw chocolates absolutely free as our THANK YOU. We can cater your Christmas party and we have some great ideas for Christmas (and some great prices too!) 10% off Vita-mixes, dehydrators, and juicers.

I avoided doing any renovations on our house for a few years. Not out of laziness, because I really do keep busy. My days are full. No, I think I just had my fill of renos.

As an aside, a friend’s father was once asked about having money or not having money. He replied, “Why would I need money. I’m wealthy.”

I feel the same way. Wealth is not measured by how much money you possess.

Wealth is knowing you have exactly what you want. Which is why renos were such a driver in my life. I was never totally satisfied with the “current house” we lived in. But the house I live in now? I really like this house and this piece of dirt I call home. It is my home and I am comfortable. So why change?

So too, our bodies are the homes we really live in. Sometimes we are so comfortable with them, we overlook the maintenance required to keep them structurally sound and weather tight.

Cancer always manifests as the result of an already toxic state in the body. It is never the cause of a disease, but rather a reaction to a far-advanced, unhealthful physical condition. Treating cancer as if it were the cause of a disease is like replacing rotten wood (the toxin-infested body) without repairing the damage that caused the wood to rot (the slew of poisons contained in the chemotherapy cocktail). Obviously, using toxic substances to treat a body that is already struggling to survive due to an overload of toxins will never bring about the desired result of a clean, well-functioning body. By killing the cancer we almost always kill the patient, perhaps not right away, but gradually.

Despite huge efforts and expenditures by the medical establishment, mortality rates from cancer have increased over the last 50 years. Although surgery can certainly help neutralize or eliminate a lot of the septic poison kept in check by a tumor mass and in a good number of cases improve the condition, neither surgery nor the other two main treatment procedures (chemotherapy and/or radiation) remove the cause(s) of cancer.

Sometimes you just have to get out the tools and start the renovation and home repair. After all you really can't move.

A thought from Rawsome Coaching:

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

*“The future is uncertain... but this uncertainty is at the very heart of human creativity.”
- Ilya Prigogine*

Taking a risk is what makes life unpredictably exciting. I definitely am one who likes order and predictability. Those tumultuous times when you ponder your future can be tedious and unnerving. And yet, the emotional peaks and valleys are what make life tolerable for me. For as much as I like to know when the sun will rise and set, I do thrive on the spontaneous happen chance of everyday.

Five years ago, Jim and I packed up and left Victoria after 30+ years there. We also both left long vital careers behind. Four and a half years ago we bought a wheatgrass business and slowly expanded it from 12 to 80+ trays/week supplying not only private clients on Salt Spring Island but corporate clients in Victoria, Duncan, and Nanaimo. Three and a half years ago, Jim and I decided to switch to a raw plant-based lifestyle after a 2-week cleansing retreat based on

wheatgrass and raw food. We already had the wheatgrass as part of our lifestyle with the Salt Spring Island Wheatgrass business. The shift to raw was a new adventure and one that took some risks. Taking a stance that had yet to hit the mainstream. Shortly thereafter, Jim went to Living Lights Culinary School and became a raw food chef and instructor. There has been no turning back - from putting out our first newsletter in December 2008 to delivering our first workshop in January 2009 out of our home kitchen.

A chance email to consider sitting on an international board of raw chefs in Japan turned into a personal vacation sprinkled with workshop deliveries to over 100 people in 6 cities. Continued invitations to train more Japanese to be raw food chefs have seen well over another 100+ individuals trained in Japan. All this sprouted the idea to build a raw food demonstration commercial kitchen and a new growing operation for the wheatgrass as well as to invite the Japanese to a raw immersion on Salt Spring Island in the spring of 2010. We hosted a Japanese culinary 'goddess' who came to learn from us but taught us so much more. We stretched our imagination to see what new potential could come out of the kitchen including occasional café luncheons, take out Wednesdays, catered dinners, workshops, our own Salt Spring Island raw chef apprentices, and the development of some Rawsome food products.

The risks we have taken that have developed into established services or products are those that have come from the heart. The ones we have felt passionate about, that resonated with our values, and that we could easily integrate into our lives. When we have been able to see value-added to others, when we have been assured we are providing a service, and when we find ourselves enriched by the experience, then we know we are on the right track. Thanks for re-affirming for us that over the past three years, it has all been worth the risk.

"Security is mostly a superstition. It does not exist in nature, nor do the children of humankind as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or it is nothing at all." - Helen Keller



Upcoming Workshops and Events

For more details visit:

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

Coming in December –

- **Healthy Entertaining in the Raw – Saturday, December 3 – 11:00 – 3:00 p.m.**
Royal Roads University, Victoria - \$50.00
Jim Maurice and Ken Steele
<http://www.royalroads.ca/continuing-studies/course-listings.htm?courseID=54>
- **Rawsome Kitchen Make It and Take It Workshop – Sunday, December 11 – 1:00 – 3:00 p.m.**
In time for the festive season, learn how to make 3 appetizers and some chocolate truffles. Take home and wow your friends. All you need to do is reserve your space now by contacting rawsome@shaw.ca or by phoning [250-537-2048](tel:250-537-2048). Payment in advance is required to hold your spot - \$22.00 per person.
- **Seasonal Celebrations in the Rawsome Kitchen**
Looking to have a unique holiday celebration for two, a party for 12, or an intimate brunch or dinner for 6? Rawsome Living Foods will cater a seasonal gourmet living foods meal for you. Contact Jim or Chris for more information at rawsome@shaw.ca or by phoning [250-537-2048](tel:250-537-2048).
- **Rawsome Kitchen Equipment Sale for the month of December**
10% off Vita-mixes, Excalibur dehydrators, and Lexen juicers. For more information contact Jim or Chris at rawsome@shaw.ca or by phoning [250-537-2048](tel:250-537-2048).
- **Rawsome Kitchen Treats for sale for the month of December**
Place orders for granola, crackers, bagels, cream cheese, cheesecakes, shortbread cookies, and raw-colates. Order your raw treats for Christmas and receive a gift package of our signature raw chocolates absolutely free as our THANK YOU. **Last pick-up date is December 22nd.** For more information and price list contact Jim or Chris at rawsome@shaw.ca or by phoning [250-537-2048](tel:250-537-2048).

- **Rawsome Gift Certificates**

Looking to treat someone with a Rawsome dinner for two, a workshop, or a Rawsome Retreat or Spa Package – you've come to the right place. For more information and price list contact Jim or Chris at rawsome@shaw.ca or by phoning 250-537-2048.

Coming in January –

- **Cleaning House Workshop – Sunday January 15, 2012 – 1-4:30 p.m.**

Learn about sprouting, fermentation, dehydration techniques and the key to light and lively living. \$55 + \$6.60 (HST) = \$61.60/person
RESERVATION AND PAYMENT REQUIRED IN ADVANCE. Reserve your space now by contacting rawsome@shaw.ca or by phoning 250-537-2048.

- **Rawsome Living Food Retreat Packages - An immersion course into a raw plant-based diet and lifestyle.**

Experience a day and a half raw educational retreat with all meals included. You will learn about shopping, equipment, growing and juicing sprouts and wheatgrass, making crackers and appetizers, planning and making meals, sampling a daily raw routine and enjoying the natural environment of Salt Spring Island.

\$350 (+ \$42 HST) for one person OR \$500 (+ \$60 HST) for two people - One night accommodation and all meals and education included. For more information contact Jim or Chris at rawsome@shaw.ca or by phoning 250- 537-2048.

Transition Tip

Going Raw: *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 a primarily 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 flavour.
- 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 or stevia before bedtime. It will help you warm those cold sheets.

Research/Links of Interest:

From *Psychology Today* (January, 2005; www.psychologytoday.com):

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:

Chili San Carne

2-3 bowls



A chunky chili with veggies and no beans. Rich tomato flavour with a crunch from the peppers. The avocados lend a smooth and creamy texture. Warm it in your dehydrator for 15-30 minutes or in a warm oven briefly for a warm winter treat.

Ingredients

- 2 Medium Tomatoes
- 1 Avocado (1/2 Avocado, diced large)
- 1/2 Red Pepper, diced small
- 1/2 Green Pepper, diced small
- 1/4 cup Green Onion
- 1/2 Tomato, diced
- 1/4 cup Sundried Tomato, soaked until soft
- 1 Handful of Cilantro, chopped
- 1 clove Garlic
- 1 tablespoon Chili Powder
- 1 teaspoon Ground Cumin
- 1/2 teaspoon Salt
- 1 tablespoon Olive oil
- 1 teaspoon Lime Juice 1 dash Salt to taste
- 1/8 tsp cayenne or increase chili powder for extra heat.

Directions

1. Puree tomato, half of the avocado, sundried tomato, garlic, and a handful of cilantro in a food processor until smooth.
2. Blend in spices. Add chili powder being sure to taste as you add, chili powders may vary.
3. Dice peppers and green onion and put into a bowl.
4. Add pureed ingredients and stir to blend. Add the avocado and tomato and mix in to the chili. Add olive oil and lime juice, stirring well.
5. Use cilantro as a garnish.

"The content found on these pages are the experiences of one individual and are not to be construed as a substitute for professional medical advice."