



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

## December Newsletter

December 2012



*We don't accomplish anything in this world alone ... and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads from one to another that creates something. - Sandra Day O'Connor*

After a long day at the café, we received this very thoughtful and meaningful email note.

*"I appreciate the care and thought and presence of the food you create. I see your clarity and focus of vision which is amazing...and I know the level of real hard work that goes into your business. And you know Chris, I also deeply appreciate seeing you and Jim as a couple working together at a vision together. This for me is mastery level of sacred service work-couples who work together. And again, not to be idealistic about it, as I know it has its challenges, but yesterday I was really wondering what is the special ingredient you 2 have that weaves you together, on and on. I have always had a profound respect for couples who have been together for a long time."*

It isn't always easy working with a partner. We have been on a steep learning curve. Many days we butt heads. But ultimately, our hearts are in the same place. We firmly believe in being of service to others in ways that captures our skills and talents and resonates with our values. It is our values that are very much in sync. This kind of noticing and generosity of one's time to observe, reflect, and comment touches us deeply. We thank everyone who has taken the time to come to our café, to read our newsletters, to open up our weekly updates and blog site, and to 'Like' our Facebook posts. Thank you for the connections, for caring, and for appreciating our desire to share with you – all that is live, plant-based, and conscientiously energized with love.

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

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

I collect quotes and ideas that appeal to me, which in turn I hope will resonate with you and perhaps inspire you to take charge of some personal change in your life. I thought I would just share some that I have sitting in my folder and hope you are able to give pause, contemplate, and consider possibilities for yourself.

*I have a new philosophy. I'm only going to dread one day at a time. - Charlie Brown in "Peanuts"*

*Want to move a mountain? Befriend it. - Mike Dooley*

*What people say, what people do, and what they say they do are entirely different things. - Margaret Mead*

*The human body was designed to walk, run, or stop; it wasn't built for coasting. - Cullen Hightower*

*"If every day is an awakening, you will never grow old. You will just keep growing." --Gail Sheehy*

*"I had drunk our great cultural Kool-Aid about regret, which is that lamenting things that occurred in the past is an absolute waste of time, that we should always look forward and not backward, and that one of the noblest and best things we can do is strive to live a life free of regrets." — Kathryn Schulz*

*The Top 10 things about time and space that most people seem to forget...*

10. You chose to be here and you knew what you were doing.
9. There are no "tests" and you're not being judged.
8. Everyone's doing their best, with what they know.
7. You already have whatever you're looking for.
6. You are of the Divine and so is everyone else.
5. Religion needs spirituality; spirituality does not need religion.
4. You're naturally inclined to succeed - at everything you do.
3. You happen to life, life does not happen to you.
2. Order, healing, and love belie every moment of chaos, pain, and fear.
1. Following your heart is the best way to help others.

*- Mike Dooley*

*Our life is frittered away by detail ... Simplify, Simplify. - Henry David Thoreau*

Contact Chris for a free 30-minute coaching session at **Rawsome Coaching** and her e-book **Eating Raw for a Day**. [<http://www.rawsomecoaching.ca/>] or call 250-537-2048 or email [chrisgay@shaw.ca](mailto:chrisgay@shaw.ca)



## **Upcoming Workshops and Events**

**For more details visit:**

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

### **Coming in December**

- ‡ **Friday Inspired Dinners in December — Reservations Required**  
\$25 (plus HST) RESERVATIONS REQUIRED – 250-537-2048  
December 14 – Holiday Dinner - \$30 (plus HST)  
Seating at 6 and 7 p.m. Check us out on Facebook or <http://rawsome.ca/news-from-the-cafe/> to find out about the weekly dinner specials. **Reservations and payment required in ADVANCE. - 250-537-2048 or [rawsome@shaw.ca](mailto:rawsome@shaw.ca)**
  
- ‡ **Saturday Rawsome Workshops**  
  
Saturdays from 10 a.m. -12 noon at – Rawsome Living Foods Café and Juice Bar - #106 – 149 Fulford-Ganges Road(Restaurant Row/Gasoline Alley) – Chef Jim will provide information on the benefits of a plant-based lifestyle and provide samples of live plant-based cuisine.  
  
Saturday, December 1 – Bake Shop – Dehydration Tips and Techniques  
  
Saturday, December 15 – Decadent Desserts **Reservations and payment required in ADVANCE. - 250-537-2048 or [rawsome@shaw.ca](mailto:rawsome@shaw.ca)**
  
- ‡ **Salt Spring Island Light Up Event and Chili Contest – December 1<sup>st</sup>**  
Rawsome Living Foods Café and Juice Bar will be participating in this window 'light up' and decoration event and Chili Contest – see you in the parking lot at the firehall at 4:00 p.m. – **FREE**
  
- ‡ **Open Late Shop and Social – December 6<sup>th</sup>**  
Rawsome Living Foods Café and Juice Bar will be open until 8:00 pm on December 6<sup>th</sup> joining in on the festivities in downtown Ganges on Salt Spring Island – Before shopping come to the café for **Fiesta Fuel:** Chili, Salad, Spicy Brownie (\$12 + HST)! And \$1 off all hot beverages. Check us out on Facebook or <http://rawsome.ca/news-from-the-cafe/>
  
- ‡ **Holiday Bake Sale**  
Rawsome Living Foods Cafe and Juice Bar will be selling Holiday Baking and Gift Baskets for your special someone - all live plant-based treats. Rawsomely Festive. December 17 to December 22<sup>nd</sup>.

‡ **Saturday Sweet Samplers**

Rawsome Living Foods Café and Juice Bar - #106 – 149 Fulford-Ganges Road Salt Spring Island, BC V8K 2T9- serving a hot beverage of your choice – tea, cacao, or coffee with a dessert sampler for only \$10 (plus HST) Saturdays from 1 to 3 p.m. Rawsome just got sweeter.

***Rawsome Café closed from December 23<sup>rd</sup> to February 14th***

***Upcoming Workshops and Events FUTURE:***

***Rawsome Café will re-open by mid February***

‡ **A Valentine's Day dinner – Reservations Required – 250-537-2048**

Thursday February 14<sup>th</sup> from 6:00 pm to 8:00 pm

Enjoy a set 3-course gourmet dinner for \$25.00 (plus HST) plant-based and dairy and wheat free. Seating at 6 and 7 p.m. Reservations required. 250-537-2048. Check us out on Facebook or <http://rawsome.ca/news-from-the-cafe/> to find out about the weekly dinner specials.

‡ ***Raw on the Rawk Part 2 – Coming in April – More information to come***

**For more information and to MAKE RESERVATIONS  
Email: [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or call: 250-537-2048**

## **Chili San Carne**

Makes 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.

### **Ingredients:**

- 1 2 Medium Tomatoes
- 1 1/2 Avocado
- 1 1/4 cup Sundried Tomato, soaked until soft
- 1 1 clove Garlic
- 1 1 Handful of Cilantro
- 1 1 tablespoon Chili Powder
- 1 1 teaspoon Ground Cumin
- 1 1/2 teaspoon Salt
- 1 1/2 Red Pepper, diced small
- 1 1/2 Green Pepper, diced small
- 1 1/4 cup Green Onion
- 1 1/2 Avocado, diced large
- 1 1/2 Tomato, diced
- 1 1 Handful of Cilantro, chopped
- 1 1 tablespoon Olive oil
- 1 1 teaspoon Lime Juice
- 1 1 dash Salt to taste

### **Directions:**

1. Puree tomatoes, 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.
5. Add the avocado and tomato and mix in to the chili. Add olive oil and lime juice, stirring well.
6. Serve with crackers and guacamole.