



www.rawsomelivingfoods.ca

June Newsletter

June 2009



*"The best and most beautiful things in the world cannot be seen or even touched.
They must be felt with the heart."*

- Helen Keller

Hello Dear Friends,

Rawsome is growing, along with Salt Spring Island Wheatgrass and our family (Kate is expecting an addition to her family on July 11th). We have decided to build a new growing room for our expanding wheatgrass business and a demo/commercial kitchen. As well, growing our own fresh, organic produce requires a fair bit of time. Things may be hectic in July, so we are limiting our workshops to only one for the summer. I will be offering my series of weekly workshops starting in September/October.

Chris will leave for Chef training in October. She will offer coaching and facilitating the transition from the Standard American Diet (SAD) to eating raw. She will be focusing on creating a healthy life style while keeping food preparation simple and easy.

From The Kitchen

We will be offering a new service starting some time this month. Several people have asked if we would be interested in selling prepared raw food from time to time. We have decided to offer a limited selection of raw treats: flax crackers, granola, almond cheese and desserts, etc. Please contact us for availability and cost.

We have three items for purchase this month: Almond Cheese, Tomato Flax Crackers and Orange Cranberry Cookies.

Breakfast (Brunch) on Salt Spring Workshop

11:00AM-2:00PM

Sunday, June 28th

Off Islanders Welcome! Transportation from Fulford can be arranged.

Breakfast is the most important meal to eat healthfully, since a heavy meal in the morning can be difficult to digest and can slow you down. This class has something for everyone--juices and smoothies for maximum vitality or weight loss, people-pleasing granola and oatmeal, decadent crepes and cinnamon rolls.

In "*Breakfast On Salt Spring*" you will learn:

- How juicing is the most efficient way to get all the greens you need each day.
- How to get your "5-a-day" servings of fruits and vegetables in one 5-minute smoothie.
- How to make low-carb granola out of nuts and seeds in 5 minutes.
- How to make dairy-free nut and seed milks.
- How to soak whole oat groats to make a raw oatmeal that tastes better than cooked.
- How to make wheat-free crepes with a sweet fruit filling--perfect for brunch.
- How to use leftover almond meal to replace flour in decadent gooey cinnamon rolls.

Contact rawsome@shaw.ca for more information

Products/Kitchen Aids

I suggest using zucchini as an alternative to wheat pasta. It's fat free and low calorie. But how do you make it "look" like traditional pasta? I suggest two really great products.

Spirooli-spiral-3-in-1-slicer

<http://www.rawguru.com/store/raw-food/spirooli-spiral-3-in-1-slicer.html>

Julienne Spiral Slicer

<http://www.foodnetworkstore.com/ProductDetail.aspx?R=618543&ccaid=FNFROOG618543>

Benefits and Side Effects of a Raw Food Diet

Experts have conflicting views on the benefits of a raw food diet. Regardless of the type of raw food diet, there is one benefit they all produce - weight loss. Raw food dieters tend to experience weight loss, increased energy, improved skin quality, better digestive function, reduced risk of heart disease, fewer colds and flus, improved sleep patterns, heightened brain function, and a happier more positive attitude. As great as the benefits are, experts caution against potentially dangerous side effects. When beginning a raw food diet, an initial detoxification reaction will occur. Followers have been known to suffer from mild headaches, cravings, nausea, and a potential for lower bone mass that can eventually lead to osteoporosis. These are very rare occurrences. If you have concerns, check with your medical practitioner.

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Kitchen Tips

Last month I wrote about the different types of knives. This month I want to address sharpening your knife. Remember the better the knife the better the edge. Don't scrimp on a selecting a knife. It is your best friend.

Sharpening Steel

A traditional sharpening steel is used to quickly true or re-align the edge of the knife and maintain a sharp edge. It should be used after each cutting task, several strokes on both sides of the blade holding the knife at a 20 degree angle. It does not sharpen but helps put a fine hone on a sharp blade.

Sharpening Steels are 10 to 14 inches long.



(from Chef's Depot <http://www.chefdepot.net/cookingtips.htm>)

"How to use a Sharpening Steel"

Hold the sharpening steel vertically firmly in your hand (see illustration). Hold the knife firmly by the handle. The tip of the blade should point upward. Move the blade from the back wide part of knife to the point. Hold the knife at an angle of about 20 degrees with a slight pressure over the steel. Move the arm but not the wrist. Hold the sharpening steel at arms length in front of you. The blade is drawn at an angle of approximately 20 degrees against the steel. The sharpening is done perfectly after 10 - 20 strokes of the knife over the steel. After using the steel for many strokes, test the sharpness of the knife with a piece of plain paper. The knife should easily cut thin ribbons. The best knives are made of a high quality steel alloy and come razor sharp from the factory. These knives hold an edge for a long time. If a knife is used constantly it will soon have a dull edge. A knife can only maintain perfect cutting qualities by the regular use of sharpening steel. The cutting quality of a knife is determined by the cutting angle of the blade. A minimum of pressure to cut is required when the angle is very small. There are vegetable knives and meat knives for smooth cuts, which have an angle of 40-45 degrees, and boning knives with an angle of 55 degrees. A boning knife has the necessary flexibility and the edge that is not damaged while separating meat from the bone. The knife manufacturer obtains the cutting angle. After normal use, sharpening is required. A fine edge is formed on the edge, which makes the blade cut well. When the knife is used, the hardness of the material being cut, the contact of blade and the cutting surface all wear off this edge. This is the moment when a sharpening steel is needed. With a few strokes, the sharpening steel restores the edge or if necessary raises a new one. It is not necessary to send the knife to the grinder. Every experienced Chef and Butcher knows that perfect cutting qualities of blades depend on the regular use of sharpening steel. Practice makes perfect. Beginners should try slowly, without fear of injury, using smooth strokes (practice makes perfect sense).

Recipe of the month

Orange Cranberry Cookies

Thanks to Jennifer Cornbleet

Makes approximately 2 dozen small cookies

- 1 1/2 cups almonds, soaked and dehydrated
- 1/2 cup walnuts (or pecans or hazelnuts), soaked and dehydrated
- 1/2 teaspoon lemon juice
- 2 teaspoons orange zest
- 1 cup pitted medjool dates
- 1/2 cup dried cranberries

Place 1/2 cup of the almonds in a food processor fitted with the S-blade and process into a flour and set aside (This is a good time to use the pulp you've collected from making Almond Milk.) Place the remaining cup of almonds and the walnuts in the food processor and process until coarsely chopped. Add the dates, lemon juice, and the orange zest and process until the mixture sticks together. You don't want to over process. Add the cranberries and pulse just to mix. Form the dough into 1-inch round balls (about a tablespoon) and flatten each ball slightly with the palm of your hand. Coat each cookie using the almond flour. Chill in the refrigerator for at least 1 hour before serving. Stored in the refrigerator or freezer, Orange Cranberry Cookies will keep for up to one month, unless you eat them sooner.

* To make a chocolate chip orange cookie: Add 1/2 teaspoon vanilla extract and replace the dried cranberries with 1/4 cup cacao nibs or dairy free organic chocolate chips.