



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

## June Newsletter

June 2011



*To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear. –Buddha*

Someone pointed out the other day that “stressed” spelled backwards is desserts. I believe that for most people the “hook” into raw food is desserts. We are genetically driven by our need for survival to sweets and fats. And most people look to “sweet” when they are stressed. Desserts are not usually served with a meal in Japan, but the Japanese love sweet desserts as much as North Americans. I don’t know if they love my desserts because of the stress they are feeling or because the truth is: “Raw desserts are just so darn delicious”.

I was in Tokyo at the beginning of the month delivering a couple of workshops on raw food preparation. Everyone was so kind and thoughtful. They were concerned for my health, in spite of what they are contending with each day. And they were so grateful that I would travel to Japan. Over 50,000 people have “fled” Japan and the economy is struggling. I told them how much I love Japan and that it would take more than the threat of possible radiation, to keep me away.

I was fortunate to experience only one small tremor, considering that the aftershocks are continuing with irregular frequency. Our thoughts continue to be with the Japanese people.

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

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

*Think of the one area of life that brings you the most discomfort and that's where you're ripe for growth. - Anonymous*

I've been thinking a lot about why people are so resistant to the whole notion of eating more of a plant-based diet. Where their fears come from, what's holding them back and what stereotypes they are hanging on to. I've also thought about myself in new situations, and as one who is more introverted, I do sit back and observe rather than jumping in boldly. I actually appreciate an invitation, because I'm not one to just show up or try something spontaneously without knowing in advance that my presence is really desired.

As a wise coach advised me, 'Let people know you want to coach them. You'll be surprised who will come forward.' In truth, we all want to know we are appreciated and have something to give. As a coach, I get as much from the coaching experience as the person being coached.

As someone who prepares raw living food, I gain as much pleasure out of preparing a meal for a guest as I do when they are surprisingly pleased with the meal.

### **Self-Coaching Activity:**

Try some thing new this week. Think about what sets up some level of dis-ease in your life, and set a challenge for yourself to take a step forward and try something new. Some examples may be:

1. Take a yoga or fitness class you have been avoiding.
2. Spend 20 minutes meditating – or just sitting in silence.
3. Try one new fruit you have never tried before.
4. Ask someone to go to a movie or for a walk with you, who you have enjoyed talking to in the past, but just never reached out to before.

If you are really feeling adventuresome, we at the ***Rawsome Kitchen***, invite you every Wednesday and Saturday from Noon to 3 p.m. to come to our ***Rawsome Kitchen Take Out***. Rawsome Treats and Entrees. It just may be the challenge you have been looking for, and one that is so rawsomey delicious to meet.

Chris Gay of ***Rawsome Lifestyle Coaching*** provides coaching support to women who want more vitality, energy, and mental clarity. Chris invites you for a **FREE** 30-minute coaching session at ***Rawsome Coaching*** and to try her new **FREE** e-book ***Eating Raw for a Day*** and **FREE** ***RSVP Planning Tool***. Learn more about the ***Rawsome Spa Package*** [<http://www.rawsomecoaching.ca/>] or call 250-537-2048 or email [chrisgay@shaw.ca](mailto:chrisgay@shaw.ca)



## **Upcoming Events**

**For more details visit:**  
<http://www.rawsomelivingfoods.ca/events.html>

### **Coming in June – June 1<sup>st</sup> to September 24<sup>th</sup>**

- **Rawsome Kitchen Farm Gate Take Out and Demos**  
Every Wednesday and Saturday from 12 Noon to 3:00 pm  
854 Long Harbour Road

Starting Wednesday, June 1st, the Rawsome Kitchen is open Wednesdays AND Saturdays from Noon to 3 p.m. until the end of September. We'll provide the food for you to take out and you can take it to eat at your own home, on the beach, in a park, wherever! We can't stop you if the urge to eat some of our delicious food is unstoppable. An added bonus is that you will also get to see "FREE" demonstrations of how we make our Rawsome food.

### **Regular Features:**

Tray of wheatgrass	\$ 12.00
Frozen wheatgrass	\$ 18.00
Smoothies (8oz.)	\$ 5.00
Bagel and cream cheese/tomato and sprouts	\$ 5.00
Cashew cream cheese (115g)	\$ 5.00
Herb almond cream cheese (115g)	\$ 5.00
Crackers (100g)	\$ 5.00
Pizza slice	\$ 6.00 or \$8.00 with side salad
Tiramisu	\$ 5.00
Cookies OF THE WEEK!	2 for \$ 3.00
Chocolate Cupcakes	2 for \$ 4.00
Raw-colates	\$ 2.50/pkg
Fruit and Nut Bar	\$ 12.00
Granola or Buckwheaties (225g)	\$ 10.00
Ice cream (1/2 pint):	
Chocolate chip, vanilla	\$ 5.00
Bagels (each)	\$ 1.50/6 for \$ 7.50

**Weekly Specials:**

\$ 12.00 for entrees with side salad  
\$ 6.00 for desserts

June 1 & 4: Garden Burger and Chocolate Cake  
June 8 & 11: Lasagna and Berry Cheese Cake  
June 15 & 18: Enchiladas and Rocky Road Brownies  
June 22 & 25: Mushroom Meatloaf and Cashew Crepes with Berry Jam  
June 29 & July 2: Pad Thai and Chocolate Chai Cheesecake

Our products are all carefully prepackaged. For "take out" entrees and desserts, please consider **bringing your own containers**. If you forget your take out container, we can provide containers for a small surcharge (50 cents) to reduce costs and help the environment. All food is wheat and dairy free, vegan and plant-based. They may contain nuts and/or seeds.

**For more information**

**Email: [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or call: 250-537-2048**

- **VIVA Raw Potluck – Jim will share his experiences in Japan – Sunday June 19<sup>th</sup> from 6:00 pm to 8:00 pm – Esquimalt Rec Centre**

***Transition Tips:***



***Oath of Mankind***

*from Komyoji Temple in Kamakura, Japan*

Keeping calm and composed, awaking to our true Self (Buddha-nature), turning ourselves into human beings full of compassion. Developing our nature according to our respective missions in life, discerning the agony of society as well as the individual and tracing it to its fountainhead, pursuing the right direction in which our history should follow. Holding hands together as brothers and sisters without distinction of race, class, or nationality and attaining our heart's desire for the emancipation of mankind.

Let us establish a world that is true and happy.

## ***Recipe of the month:***

*"A balanced diet is a cookie in each hand." ~Author Unknown*

### **Shortbread Cookies**

Makes approximately 2 dozen small cookies

- 1/2 cup coconut
- 2 cups cashew flour
- 2 Tablespoons maple syrup
- 2 Tablespoons coconut sugar
- 1 teaspoon vanilla
- 1/2 cup dried cranberries
- A pinch of salt

Blend the coconut in the blender until it is formed into fine flour.

Mix all ingredients by hand until combined. Add to food processor and process until dough is formed.

Form the dough into a ball and flatten between two teflex sheets. Use a rolling pin to make it 1/4 inch thick. Cut with cookie cutter and place on dehydrator sheet.

Place in dehydrator at 105° for 24 hours. Place a raw chocolate wafer in the centre of each cookie and return to dehydrator until melted (about ten minutes).

Chill in the refrigerator for at least 1 hour before serving.

Stored in the refrigerator or freezer. Cookies will keep for up to one month.