



www.rawsomelivingfoods.ca

June Newsletter

June 2012

"Our mission is to be inclusive, non-judgmental and welcoming; ready to engage anyone interested in Living Food to strive toward a more healthy lifestyle. The struggle with health concerns can be daunting. Our goal is to convince anyone struggling with health opportunities to be passionately patient with themselves."



"Tomatoes and oregano make it Italian; wine and tarragon make it French. Sour cream makes it Russian; lemon and cinnamon make it Greek. Soy sauce makes it Chinese; garlic makes it good." – Alice May Brock

Opening June 23rd Rawsome Living Foods Café and Juice Bar All raw, all natural, all living food

It's all about playing with food. One of the joys of raw food preparation is that you take some vegetables and some fruit and you put it all in a blender or food processor and you begin to experiment with the flavours and textures. You create something new. You give birth to a new adventure in a culinary experience. That's what we have decided to do here on Salt Spring Island, B.C. Canada. Sometimes dreams come true. We are astounded by what has emerged. [Rawsome Living Foods](#) will now have a storefront cafe and juice bar opening June 23rd at #106-149 Fulford-Ganges Road in Restaurant Row.

Having a raw food café has been a vision of ours for many years. We will now join a wonderful community of raw food cafes in Nanaimo ([PowerHouse](#) and [Rawmbas](#)), Qualicum/Parksville ([Rawthentic Eatery](#)), Courtenay ([Zen Zero](#)), Victoria ([Cafe Bliss](#) and [Ingredients](#)), and Vancouver and the lower mainland ([Organic Lives](#), [Gorilla Foods](#), [Tao](#)

[Organics](#), [Indigo Food Cafe](#), and [Rawk the Planet](#)- opening this summer).

We will continue to focus our energies on all things related to a live plant-based lifestyle that enriches and enlivens those with whom we engage through our workshops, our products, our meals, and our coaching practice at [Rawsome Lifestyle Coaching](#).

Once the space opened up for us, we knew we had to fill it with our energy and passion. And we are so excited! As overwhelming as our timelines are (less than a month!) we know that now is the time. The most challenging part of this journey is learning to be patient with our expectations.

Our mantra has always been *“believe and it will be”*. The process of *“believing”* comes with a great deal of visualizing and planning. And that’s what we do with fresh fruits and vegetables on a daily basis.

With the coming of summer, what better time to turn on the creative juices by planting those vegetables you primarily want to eat a lot of and create with.

One of the vegetables we know is queen of the raw food kitchen is zucchini. Zucchini can be easily disguised by melding it with other stronger flavoured vegetables and fruits, as well as spices. So just like the quote above suggests, if you want your zucchini to take on an Italian flavour, then mix in those vegetables and spices with the zucchini that will create the essence of Italy in your mouth.

Fresh herbs are the most satisfying. Even an apartment dweller can have an herb garden on their balcony. You may not be able to grow the larger vegetables and instead rely on the local farmer’s markets, but growing your own fresh herbs will enhance every dish you make with a depth and richness lacking with dried spices. By using fresh herbs, you rely less on salt and more on the authentic flavours of the international dishes you create.

It may only be spring, but gardens are traditionally planted by the long weekend in May in most parts of Canada. So dream big this year. Imagine fresh produce from your planter or garden to your plate. Then visualize the world as you produce the cuisines of your favourite countries. And don’t forget the garlic!

Also, help support our dream and come visit:

Rawsome Living Foods Café and Juice Bar
Opening June 23rd

A thought from Rawsome Coaching:

[Subscribe to the Rawsome Coaching Blog at: www.rawsomecoaching.ca to get a free e-book]

Knowing when to step aside and let go can be as daring as moving forward and transforming. In coaching, there is a great push to move ahead. What I've discovered is that by letting go of some things, you actually move forward in a new direction.

The other thing I'm realizing is that sometimes making a decision to focus on only one thing doesn't necessarily come with a loud and spectacular fanfare. It just occurs to you one day in a simple private 'ah-ha' moment. By letting go, suddenly you can breathe and what results is a refreshing amount of space opens up and with that, a clear sense of satisfaction and direction. My 'ah-ha' moment provided clarity around some professional goals and direction, allowing me to let go of some while embracing some others with more concerted time and attention.

While you continue to read, consider these questions and how defining a broader vision may assist you to let go and gain clarity:

1. What can you let go of?
2. What belongs in your container?
3. What is it time to throw out?
4. What offers you clarity?

Rawsome Living Foods is opening up a café in the heart of Salt Spring Island on June 23rd. In order to take on this enormous opportunity something needs to go. It means taking stock of all that we do and consider part of this vision we call **Rawsome Living Foods**, and letting go of all that doesn't fit within those parameters.

In the coming weeks you will be introduced to a new look on our website. You will receive information from us in a more automated and streamlined way. You will see the components of **Rawsome Living Foods** in their distinct and discreet containers but clearly as elements of the broader vision called **Rawsome Living Foods**. We will become a one-stop shop of all things ***Rawsome: A Café, Coaching, Workshops, Events, Festivals, Products, Books and Equipment.***

When each one of us, looks at our own personal scope of influence, we consider the elements we engage with and which touch us – relationships, professional goals, recreation, environment, family, monetary goals, health and well being, spiritual considerations. It is the same at **Rawsome Living Foods**. We are making business decisions focused on our values and taking a holistic approach when we engage with others around all things that are plant-based live whole foods. We are considering what you may require from one end of the continuum such as making a dietary shift in your life or to the other end when you are simply looking for an alternative to the typical dining choices in your community. We are focused on making whatever experience you have with **Rawsome Living Foods** fun, informative, and exceptionally tasty.

It may seem that our letting go is in fact becoming broader and more encompassing. In fact, it has a container now, where one didn't truly exist before. Through consolidation comes simplicity. Our aim is to make **Rawsome Living Foods** simply that – a **Rawsome** place to stop and enjoy all things **Rawsome**.

See you at the Rawsome Living Foods Café on June 23rd!



Upcoming Workshops and Events

For more details visit:

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

Opening June 23rd

10:00 a.m. to 4 p.m.

Rawsome Living Foods Café and Juice Bar

All raw, all natural, all living food



**#106-149-Fulford-Ganges Road,
Salt Spring Island, BC
250-537-2048**

Student Dinner Event

When: Wednesday, June 20th, 6:00 – 8:00 p.m.

Where: Rawsome Living Foods juice Bar and Café
#106-149 Fulford-Ganges Road, Salt Spring Island, BC ([map](#))

One of our Rawsome Living Foods students will be completing her training with us by preparing a 5-course dinner in the Rawsome Living Foods Café.

Cost is \$25.00/person (\$22.33 + \$2.67 HST = \$25.00).

RESERVATIONS REQUIRED: 250-537-2048. rawsome@shaw.ca

Menu to be announced soon.

Coming August 10-12
Click Below to Register for the Destination Event of the Summer!



Raw on the Rawk ~ Raw Living Food Festival
August 10 - 12, 2012, Salt Spring Island, BC

An Amazing Opportunity!

August 13 – 9:00 a.m. to 5:30 p.m. (8:30 a.m. Registration)

FUNdamentals in Raw Living Foods from Living Light Culinary Institute

Join Brenda Hinton
From Living Light
Culinary Institute

RAW on the RAW
Rawsome Living Foods

for

**FUNdamentals of
Raw Living Foods
on Salt Spring Island, B.C.
August 13, 2012**

Visit RawFoodChef.com/FUN.html
for complete event details

Where: Rawsome Living Foods #106 - 149 Fulford Ganges Road Salt Spring Island, BC V8K 2W2 www.rawsomelivingfoods.ca Time: 9:00 AM-5:30 PM (Check-in at 8:30 AM) *Only 20 seats available!* RSVP: 707-964-2420, 800-816-2319 or at RawFoodChef.com/FUN.html

Take this opportunity to learn how to make raw food FUN and delicious the Living Light way! Join Living Light instructors for our flagship class, FUNdamentals of Raw Living Foods™, providing the most comprehensive one-day course in raw food preparation in the industry—no other one-day class in raw food can compare.

- appetizers
- fruit smoothies
- soups
- green juices
- salad dressings
- simple entrées
- pâtés
- wraps and rolls
- nut milks
- non-dairy cheeses
- crunchy crackers
- dehydrated goodies
- amazing desserts
- fermented foods
- sprouting and kitchen gardening
- essential equipment and supplies for a raw kitchen...
- and much more!

A day of demos and tastings — includes a delicious organic raw vegan buffet lunch.

Special Price for RawBC Members: \$345 (\$30 discount) Regular Tuition: \$375
Required Text: *Angel Foods: Healthy Recipes for Heavenly Bodies* by Cherie Soria



The first required course towards Raw Chef Instructor Certification

Transition Tip:

15 Tips to Transition to Raw Foods (Condensed)

<http://earthmother-intheraw.blogspot.ca/2010/01/15-tips-to-transition-to-raw-foods.html>

- 1. Why are you doing this?** Want to lose weight? High school reunion coming up and you want to turn back the hands of time? Those are nice goals, and very attainable ones. Now, *why are you doing this?* Until you get crystal clear about that, you'll just be spinning your wheels.
- 2. Lose the labels. Lose the percentages.** Who are you competing with? Seriously. Set your own bar. Neither a label nor a percentage ever made anyone healthy. And if attaining optimum health and well being is not what's propelling you forward, then you best revisit #1.
- 3. Eliminate refined and processed foods from your life.** Do that first, before you even think about transitioning to a living foods lifestyle. This is perhaps the single most beneficial thing you can do for your health and well being. Self proclaimed or not, you cannot be "addicted to cooked food." But you can, and probably are, addicted to the chemicals, preservatives, coloring agents and other additives in your processed foods. Steam some fresh organic broccoli and tell me how addicted you are to cooked food.
- 4. Ingest nutrient-dense, whole foods – organic, local and seasonal when possible.** Assimilation of these vital nutrients is determined by its form. Freshly extracted juices and smoothies will be more easily assimilated by your body than eating solid foods. Plant-based foods will be more easily assimilated than meat-based foods.
- 5. Initially you will consume a lot of food.** It's very likely that your body is starving for nutrients. If you're hungry, eat. You'll be amazed at the amount of food you will eat each day, while the excess weight (read: *toxic waste*) falls off your body.
- 6. Let go of the black-and-white, all-or-nothing mentality.** There's no right way vs. wrong way. There's no 100% perfect (remember, you already dropped the percentages in #2 above). *There are choices.* Each and every day you will have an opportunity to make choices. Aim for healthy ones. Aim high. You do not have to eat a 100% raw foods diet, 100% of the time in order to reap the benefits of consuming vital life-giving nutrient-dense food. You do need to consume whole plant-based foods rather than processed foods.
- 7. Start where you are.** We all are at different points along the continuum. You may be at one end of the spectrum and eating only plant-based foods. You may be in the middle, having already been consuming a diet of whole foods (plant-based or not). Or, perhaps you're at the opposite end of the continuum. The point being that everyone's transition is going to look different.
- 8. Learn to listen to your body.** It will never lie. It knows what it needs. Its needs may change over time or with the seasons. In the summer months, local organic produce is plentiful. In the winter, it's an entirely different story. After six months of lying dormant, you may find you use your dehydrator more in the cooler months.
- 9. Whether you weigh 300+ pounds or you've been trying to lose the same 20 pounds for years, you're going to have to change your relationship to food.** It's inevitable. When

we remove what we used to sedate ourselves (i.e. *refined and processed foods*), all those emotions that we were trying to shove down with food are going to come to the surface. They're going to be right in your face, vying for your attention. And you'll have a choice to make: stuff 'em down with a bag of chips and a box of cookies OR allow the emotion (i.e. *energy in motion*) to move up, out and through you, no matter how uncomfortable that may feel.

10. Old habits die hard. “*Oh, it's so much easier to just open this meal-in-a-box and nuke it in the microwave. Gosh, I hate feeling this way. I'm so lonely. Think I'll just have a couple of Krispy Kremes.*” One of the things you can do is to **write a letter to yourself**, reminding you why you are undertaking this grand adventure in the first place. Carry it with you and read it often, as required.

11. Good news! You're going to start feeling so much better in such a short period of time. You'll be blessed with a surge of new found energy. Chronic health conditions will vanish, seemingly overnight. The level of mental clarity you experience will astound you.

And still...old habits die hard.

Don't deprive yourself. Want it? Eat it. *How does it make you feel?* Perhaps you won't have a violent reaction, but know this: when you reach for the Kraft mac-n-cheese dinner, you are reintroducing highly addictive chemicals into your system and you *will* begin the addictive-food cycle all over again. How long you want to keep riding the merry-go-round is entirely up to you.

12. Keep it simple. Have a sharp knife? Great, you're in business. You do not need to go out and buy yourself all new kitchen equipment. Likewise, telling yourself that "I can't do this" because you don't own a Vita-Mix, Blendtec or Excalibur is a cop out.

13. Fail to plan. Plan to fail. It's true. Planning is key. If your meals are no longer going to arrive through your car window or come out of a box, you're going to have to prepare them. How complicated you want them to be is entirely up to you. The good news - lots of fruits and vegetables come in their own wrappers. Wash. Peel. Eat. How simple is that?

14. You do not need to break the bank in order to eat healthy food. Chances are, your shopping cart was filled with nothing but empty calories before and that is just a waste of money, plain and simple. Shop the farmers markets. You'll find fresh-picked produce with far less pesticides than commercial grown and it's at least 10% cheaper than what you'll pay in the grocery store. It's a shame the hoops the FDA makes farmers jump through in order to get Certified Organic, but you'll find that many are uncertified organic if you just ask.

Most grocery stores, particularly the smaller neighborhood markets, have a bargain shelf where they put the "over ripe" or bruised produce. Here's the thing: *what most folks consider "over ripe" is actually perfect.* Bananas are supposed to have brown spots on them before ready for consumption. Take them home, peel and freeze, and you're all ready for smoothie making. Buy in bulk and you'll save a bulk-load of cash.

15. Knowledge is power. Educate yourself. It's your body, your health. Be an informed consumer. And rest assured, you are going to encounter folks along the way – perhaps members of your own family – who are going to think that you've either lost your mind or journeyed to the dark side. It's okay. People tend to get *very* frightened by what they do not understand. So be a powerful example, a shining beacon who radiates health and vitality. And, know your stuff.

Recipe of the Month:

Strawberry Surprise Pie

This makes about a 6-inch shallow pie.



CRUST

- 2 bananas
- 1 3/4 cups coconut flour – take coconut flakes and blend in blender until fine like flour – be careful as too much blending will cause it to stick together
- 1/4 cup Lucuma*
- 1 teaspoon vanilla extract

Process all ingredients in a food processor. Once it sticks together press into a pie pan.

FILLING

- 1/4 - 1/2 cups of fresh young Thai coconut meat
- 1 cup of coarsely chopped fresh strawberries
- 1/4 cup Lucuma*
- 1 banana
- 1 tsp vanilla

Blend in a blender until smooth.

ASSEMBLY

Pour the filling into the pie shell. Freeze for up to an hour. Slice and garnish with fresh strawberries. Strawberries can be substituted with other fresh berries or mangos or a combination of fresh fruits. Have fun with the flavours and colours. Can store in the freezer for up to 3 months.

* A native to the highlands of Peru, Chile, and Ecuador, the fruit of the beautiful evergreen Lucuma tree has been honored spiritually as well as in cuisine due to its exquisite composition. Today, Lucuma continues to enjoy enormous popularity in its native lands, and in some countries is actually favored over classics like chocolate and vanilla as an ice cream flavor. Use Lucuma in a whole fruit powder form that makes incorporating it into delicious recipes a dream.