



www.rawsomelivingfoods.ca

June Newsletter

June 2013



"You are always only one choice away from changing your life."~ Mary Blochowiak

Creating a café was a dream that we held in our hearts for most of our life. We just didn't know this is truly what we wanted to do until a few years ago. And when an opportunity presented itself, we took our dream and made it a reality. It has been a choice that has changed our lives and our community for the better.

At this point in life, we never thought this would be a forever thing. We have many dreams and some perhaps will provide us with a gentler and softer footprint on our hearts and bodies.

One of the foundational components to our café is education. We believe in establishing a strong base and vision and bringing it to fruition. We believe in sharing and collaborating and supporting. We believe we have created a strong centre for live plant-based cuisine, camaraderie, learning and development in our small community of Salt Spring Island. We have seen an ever-growing local clientele who value what we have brought to this community. We hear from patrons from afar who have heard of our café and eagerly partake in all we have to share. We believe in just one year we have established a critical place in the fabric of Salt Spring Island.

Knowing this, we would like to support the right person (or persons) to assume our vision over time and then build upon it to create one of his or her own. We aren't in a hurry to sell; we would love to pass along this little piece of paradise onto the right buyer. Someone who has a passion for live plant-based cuisine, who loves to create food for others, who loves to be part of the community and creating an educational facility that supports others who are eager to learn as well as heal and invest in health and well-being.

Our café will remain open, vibrant, and growing. We love our place in the community. We love Rawsome Living Foods Café and Juice Bar. We love our steady and reliable customers. We love that people on Salt Spring Island have a

viable alternative. And we would love this place and spirit to continue. Our time line is open. Our offer is sincere.

We remain committed to what we have established. We would love for someone to continue what we have built. We know the right person or persons are out there.

Are you the right person to carry on this vision? You are only one choice away from changing your life.

If seriously interested please contact Jim or Chris at rawsome@shaw.ca or 250-537-2048.

A thought from Rawsome Coaching:

[Subscribe to the Rawsome Coaching Blog at: www.rawsomecoaching.ca]

*"If stories come to you, care for them. And learn to give them away where they are needed.
Sometimes a person needs a story more than food to stay alive." --Barry Lopez*

There is a connection that occurs when you take the time to listen to someone else's story. It's something I have noticed living in a smaller community. People like to share and remarkably, people will listen to you when you share. There isn't the same urgency to meet busy timelines and check incoming messages on your cell phone. Perhaps, people have chosen to move to this small island to get away from all of that in the bigger metropolis they originally came from. And for those who have always lived here, they have patiently modeled another way of being. Naturally it's a choice whether we adhere to the newfound order or persist to fight what really is a gentler more respectful way of life. In fact, isn't that what life really is all about – choices.

Robert Frost said it best in his famous poem ***The Road Not Taken***:

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.*

When I think of the stories that have created the greatest impact on my psyche, they are the tales of roads less traveled that truly made a difference in the lives of the authors and subsequently, those who truly cared to listen. They have resulted in a renewed sense of wonder, a refreshed sense of self, an increased awareness of others and their surroundings, an appreciation for life, and an abundant sense of gratitude. And these stories usually are a result of some 'thing' – a health crisis, an extreme adventure, a daunting challenge – that has physically impacted upon ones being. Caused one to re-evaluate.

The benefit of listening to the stories of another's peril, is that we can choose to reconsider our own life's situation, without having to relive their trauma. It may seem like the easy way out, but the result is, without putting in some effort to make a change, you will just continue as you have been, without seeing some long term gain. Or you can in fact, make some decisions that will set you on a new course. We don't all have to live a story of extremity in order to make choices and changes. Even contemplating a different road, can make all the difference.

Activity

1. Visualize what a road less traveled would look like for you.

2. Map out the direction and what that would feel like – don't be afraid to see, hear, taste, experience the discomfort it may cause.
3. Imagine where the road stops, curves, changes direction. What are you looking like/feeling like at the end of that road?
4. Find a picture in a magazine, on the internet, drawn freehand that captures the change you want to be.
5. Put it in a place you will see frequently (on your computer, in your bathroom, on the refrigerator).
6. Now begin writing your story and find someone to tell.

Nobody can go back and start a new beginning, but anyone can start today and make a new ending. - Maria Robinson



Upcoming Workshops and Events

For more details visit:

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

Coming in June

- **Order a Special Cake for Father's Day**

Rawsome Living Foods Café is taking orders up to **June 13th** for a deliciously rich coffee infused mocha cheesecake for Father's Day (or any one special). Dairy and wheat free – contains nuts/seeds – \$40.00
Call Rawsome Living Foods Café and Juice Bar to reserve your cake – 250-537-2048



- **NOW OPEN MONDAYS**

Rawsome Living Foods Café and Juice Bar is open 6 days a week. Monday-Friday from 10-5 and Saturdays from 9-4.

- **Special Days**

Rawsome Living Foods Café and Juice Bar has **Special Days** with you in mind – **Smoothie Tuesday** – all smoothies for **\$6.75**. **Juicy Wednesday** – all juices for **\$6.75**. **Pizza Thursday** – pizzas for **\$6.75**. **Burgerlicious Friday** – burgers for **\$6.75**. Come be treated like someone special. It's on us.

- **Salt Spring Saturday Market**

Rawsome Living Foods Café and Juice Bar LOVES the Salt Spring Saturday Market and is open every Saturday from 9-4. Come check out our ever-amazing juices, smoothies, entrees and desserts.

- **Jim Maurice and Chris Gay Presenting at Viva Raw Potluck**

Jim and Chris will be presenting a raw food presentation and demo at the Victoria Viva Raw Potluck on Sunday June 30th at 6 pm at Esquimalt Recreation Centre, 527 Fraser Street in the Craigflower Room **Cost:** \$5.00 per adult

For more information and to MAKE RESERVATIONS

Email: rawsome@shaw.ca or call: 250-537-2048

Transition Tips:

Nutrition & Health: Walnuts, Sunflower Seeds and Almonds

Nuts and seeds are a naturally rich source of phytosterols-and cardio-protective fiber, minerals and healthy fats. Phytosterols are compounds found in plants that have a chemical structure very similar to cholesterol, and when present in the diet in sufficient amounts, are believed to reduce blood levels of cholesterol, enhance the immune response and decrease risk of certain cancers.

Walnuts

Few foods are as nutritiously complete and good for the human body as walnuts. Walnuts are one of the most nutrient-dense whole food sources of alpha-linolenic acid (ALA), an essential omega-3 fatty acid in plant foods. Studies have shown that the omega-3 fatty acid in plant foods may help reduce the risk for heart disease, cancer, stroke, diabetes, high blood pressure, obesity and clinical depression.

One ounce of English walnuts has 18.5 grams of total fat and 2.6 grams of omega-3 fatty acids. One ounce of black walnut has 16.7 grams of total fat and .57 grams of omega 3's.

Sunflower seeds

A handful of sunflower seeds is a great snack, while enhancing your health by supplying significant amounts of vitamin E, magnesium and selenium.

Vitamin E:

Sunflower seeds are an excellent source of [vitamin E](#), the body's primary fat-soluble antioxidant. Vitamin E has significant anti-inflammatory effects that result in the reduction of symptoms in asthma, osteoarthritis, and rheumatoid arthritis, conditions where free radicals and inflammation play a big role. Vitamin E has also been shown to reduce the risk of colon cancer, help decrease the severity and frequency of hot flashes in women going through menopause, and help reduce the development of diabetic complications.

Magnesium:

Sunflower seeds are a good source of [magnesium](#). Numerous studies have demonstrated that magnesium helps reduce the severity of asthma, lower high blood pressure, and prevent migraine headaches, as well as reducing the risk of heart attack and stroke.

Magnesium is necessary for healthy bones and energy production. About two-thirds of the magnesium in the human body is found in our bones.

Selenium:

[Selenium](#) is a trace mineral that is fundamental to human health. Evidence from studies suggests a strong correlation between selenium intake and cancer prevention. Selenium has been shown to induce DNA repair and synthesis in damaged cells, to inhibit the proliferation of cancer cells, and to induce their self-destruct sequence the body uses to eliminate worn out or abnormal cells.

Almonds:

Almonds are also a rich source of [Vitamin E](#). They are one of the leading food sources of alpha-tocopherol vitamin E. Alpha-tocopherol is the kind of vitamin E the human body absorbs best. Almonds are also rich in monounsaturated fat, one of the two "good" fats responsible for lowering LDL cholesterol.

Almonds contain practically no carbohydrates and are gluten-free. Almonds can be made into flour as a wheat substitute for gluten-sensitive people and people with wheat allergies and coeliac disease.

The health benefits of almonds include improved complexion, improved movement of food through the colon (feces) and the prevention of cancer. Recent research associates the inclusion of almonds in the diet with elevating the blood levels of high density lipoproteins and of lowering the levels of low density lipoproteins

The almond is considered a nutritive for the brain and nervous system. It is said to induce high intellectual level and longevity.

Nutrient Rich: A one-ounce serving of almonds (about 23 almonds) is an excellent source of vitamin E, magnesium and manganese, and a good source of fiber, copper, riboflavin, and phosphorus. Every ounce has 6 grams of protein, and 12 grams of heart-healthy unsaturated fats.

Granola

Makes 2 cups or about 4 servings



Ingredients:

- 1/2 cups almonds, soaked
- 1/2 cup sunflower seeds, soaked
- 1/2 cup walnuts, soaked
- 1/2 cup raisins
- Dash sea salt
- 1/2 teaspoon ground cinnamon

- Fresh fruit and almond milk to serve

Directions:

Place the almonds, sunflower seeds, walnuts, raisins, salt, and cinnamon in a food processor and process until coarsely chopped. Serve with fresh fruits and almond milk.