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March Newsletter

March 2013



Mt. Agung, Bali

"A mountain is composed of tiny grains of earth. The ocean is made up of tiny drops of water. Even so, life is but an endless series of little details, actions, speeches, and thoughts. And the consequences whether good or bad of even the least of them are far-reaching." - Sivananda

The volcanic Mount Agung is the holiest mountain on the island of Bali. It is also home to the Mother Temple of Besakih, the largest and holiest temple in Bali.

Mount Agung is the highest point on the island, dominating the surrounding area and influencing the climate. The clouds come from the west and Agung takes their water so that the west is lush and green and the east dry and barren. The Balinese are very much in tune with their environment and all they hold sacred.

It's March and spring is mere weeks away. There is a promise of lightness and hope. New beginnings. For some it is an opportunity to start over. Now is a good time to think about lighter foods and fresh local organic produce.

Gardens beckon and it's to think about what we want to plant. Whether you have acreage or a pot on a windowsill, you can grow something – be in touch with nature/life. Perhaps it is rows of lettuce and dark leafy greens like kale and chard. Or it may be a pot of basil. Even a jar of sprouts is a way to be hands-on with the foods you eat.

Being in touch with our food, nurturing the soil, enriching the environment, is an opportunity to witness the miracle of life around us.

A thought from Rawsome Coaching:

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

Wherever you are, is just fine... You can get to wherever you want to be from wherever you are... It's time to stop measuring where you are in relationship to where anybody else is. The only factor that has anything to do with you is where you are in relationship with where you want to be. - Abraham

The times I'm the most agitated are the times I want to be like someone else. I will look at the calm in another person and wish I could be so calm. I look at someone else's extra-curricular life and feel frustrated that I seem to be working everyday in the café. I observe an easy and happy approach to life in others and wonder why I feel so constrained by schedules and to-do lists. And then I read a quote like the one above and take a moment to pause and truly take in the message. "*Wherever I am, is just fine.*" It gives me permission to be in tune with where I am and what is important to me.

That honestly is a huge weight off my shoulders. It doesn't mean there isn't somewhere else I want to be. It's just that for now, that's where I am. What I do need to do is define where next I want to be. So for example, if approaching life in a more relaxed and happy manner is what I am aiming for, then I need to consciously consider the steps I need to take in order for that to happen. And most importantly, it needs to be my steps and my definition of easy going and happy – not the version I may covet in someone else. Their version will not work for me.

So how does that apply to making a transition into a live plant-based lifestyle, for example? Jim and I try to convey to people how they eat, which may be different than how we eat, is no better or worse. We each make decisions hopefully attuned to one's optimum health. What we eat on a daily basis may not suit others. We stress a larger percentage of dark leafy greens, fresh organic fruits and vegetables, and all foods as close to source as possible and in their natural unprocessed state is best. How that looks, how much is live or cooked and what the portions are, are dependent on individual preferences and philosophies.

What I do know is that measuring yourself against someone else's standards will not ring true to your heart or your health. Unless you carve out the process and standards that you can abide by, you won't make the switch in your life you so desire when you look at others you admire. So what is speaking to you in the moment?

1. Define the change YOU want to be.
2. Research the steps that will take you there.
3. Simplify and focus on one step at a time.
4. Make it doable, realistic, and one you know you can succeed at.
5. Celebrate each moment while you are in it.

When you reflect back you will be surprised by how far you have come. Remain in the moment. Get in touch with you and before you know it, others will be measuring themselves to you.

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



Upcoming Workshops and Events

For more details visit:

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

Coming in March

- **Raw Chef Training in Tokyo**

Rawsome Living Foods Café and Juice Bar will be open while Chef Jim is in Tokyo teaching Raw Food Chef Training for Japan Living Beauty Association from March 12th to March 24th. Chefs Kaia and Ainslie will be stirring up all things Rawsome in the café kitchen. Please join us during our winter hours from Tuesday to Saturday until the end of March.

- **Salt Spring Saturday Market**

Rawsome Living Foods Café and Juice Bar welcomes the return of the Salt Spring Saturday Market on March 30th. Look for our display of Rawsome Products in front of the café in the heart of the Market, spontaneous demos, and our ever-amazing juices, smoothies, entrees and desserts.

For more information and to MAKE RESERVATIONS

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

Transition Tips:

5 Reasons to Choose More Raw Food in Your Diet

Thanks to Vicky White
<http://www.beautifulonraw.com>

1. *Weight management:* Many of the nutrients in cooked food are destroyed at temperatures over 40° Celsius. You feel less satisfied when you eat cooked food and tend to eat more as your body tries to get the nutrients it needs. Eating more RAW vegetables and fruit provides your body with the nutrients it requires. You will feel more satisfied and tend to eat less.

2. *A vibrant life:* The Standard American Diet (SAD) of cooked and processed foods (meat, dairy, and grains) lacks the vitamins and enzymes for vibrant health. The SAD diet creates an acid state in the body that opens the body to health problems. When you eat raw you get the enzymes you need for digestion and good health. Adding just one green smoothie every day will improve your general health. Building your immune system is especially recommended when people warn of coming pandemics.

3. *Improved mental clarity, focus, and creativity:* Removing the toxins from your body allows you to connect with your true self. You'll feel more positive, emotionally balanced, and inspired.

4. *Environmental concerns:* More than 70% of the grain produced in North America is fed to cattle and cattle are energy guzzlers. In the U.S. alone, 157 million metric tons (350,000,000 lbs.) of cereal, legumes and vegetable protein suitable for human consumption are fed to livestock to produce 28 million metric tons of animal protein that humans consume annually. 129 million metric tons that is lost and unavailable for feeding people.

5. *It's cheaper* to shop the outside aisles at the supermarket - even when you select organic. The sugar filled, highly packaged foods add on the dollars.

Fruit Carpaccio

Makes 6-8 servings



An easy dessert with options galore. Select a couple of your favourite fruits or a combination. Arrange all of the fruit in a decorative fashion on individual serving platters or one large platter.

Ingredients:

- 2 - 3 lbs of fresh fruit (honeydew, cantaloupe, mango, pineapple, kiwi, peaches, starfruit, apples, pears, peaches, strawberries) cut into slices
- 4 fresh figs, cut in quarters
- 1/4 cup agave, coconut palm nectar or maple syrup
- 2 Tbs. lime or lemon juice
- 2 to 3 fresh mint leaves, minced
- 1/4 teaspoon minced fresh ginger
- Pinch of salt
- Zest From 2 whole Limes
- For Garnish 2 sprigs Mint

Directions:

1. Peel and cut fruit into slices. Arrange on serving plates.
2. In a medium bowl, whisk together agave (or coconut palm nectar or maple syrup), lime juice, mint, lime zest, ginger and salt to the consistency of a smooth syrup. Drizzle over carpaccio. Serve at room temperature, or slightly chilled.

Option:

Cover and chill the fruit for about 2 hours to allow the flavours to marry. Cover and chill remaining syrup separately.

Uncover fruit, drizzle additional syrup over, sprinkle with lime zest, and add mint as a garnish. If desired, you can add a scoop of sorbet in the center of each plate. Serve immediately.

Each serving provides approximately 128 calories with 1 gram of protein

Note: May be prepared in advance, covered with plastic wrap and chilled for up to one hour. For longer storage, brush the fruit lightly with lemon or lime juice.