

Hello dear friends,

We have had an exciting and busy early part of the month. Needless to say we were so busy that we are delaying our newsletter until next month.

16 Japanese raw food enthusiasts spent 6 days with us in an intensive 4-day workshop learning about the Raw Lifestyle at Rawsome Living Foods and how to prepare raw/living food. Chris offered Life Coaching examining participants' goals and defining their vision. They were very keen and the experience was amazing.

Long days from 8 a.m. to 8 p.m. in class required a great deal of commitment and dedication. Chris and I were amazed by their efforts and productivity.

We took a break to visit John and Sue at Duck Creek Farm to allow our visitors to visit an organic farm. On Saturday, they visited the Market and shopped in Ganges.

Each day we talked about nutrition and food science, food preparation skills and techniques, food combination, recipe construction, safety and hygiene, and ingredients. We worked hard and ate well.

The culmination of the training was a 5-course Japanese inspired meal prepared and served by the students for 12 guests in a "restaurant" setting.

We were able to visit our friends Aaron at Gorilla Foods and Preet and Amarit at Organic Lives. The Japanese loved both experiences. Great raw food prepared by the chefs at two great restaurants in Vancouver.

Special thanks to Craig at Natureworks, Steve at Thrifty Foods, and Adam the Sprout Guy for supplying us with fresh organic produce.

Sean McIntyre at The Gulf Islands Driftwood came out to visit and produced a short video clip. You can see the clip, some photos and a full article at:

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

Another 'Not a Cafe' and 'Survival' Workshop in June. For dates and times go to:

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

Thank you to all of you for your continued support, encouragement and appreciation of healthy lifestyle choices.

Namaste,

Jim and Chris

"a vibrant life from the food we eat"