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November Newsletter

November 2012



"Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it." - Groucho Marx

We like to believe we have a business model that is unique. We aren't in the business of making a profit. We are in the business of service and education. It is an opportunity for us to create art, meet lovely and interesting people, and provide nutritional food at a reasonable and affordable price.

The other day someone wrote us a note that touched us deeply. We are grateful.

"You truly do operate on a different business model, one of offering generosity, caring and nourishment on so many levels which allows others to grow into their own truth and potential. This is a strange rarity in our world in general, but especially in the world of business. When those long days make you wonder what you are doing and why, please remember how much you are offering out into the world, in ways that you may sense but also in subtle ethereal ways that you don't even begin to imagine."

November

During November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces, in Canada and around the world. With their "Mo's", these men raise vital funds and awareness for men's health, specifically prostate cancer. Go to <http://ca.movember.com/about/> to see what you can do to support the number one male cancer, prostate cancer. Thank you.

To vaccinate or not? “The Greater Good” is a multiple award winning documentary that goes beyond the fear, hype and politics that have polarized the vaccine debate.

American children are now the most vaccinated population on the planet and should also be the healthiest. However, according to the Centers for Disease Control and Prevention, 1 in 6 children has a learning disability or behavioral problem, 1 in 9 children is asthmatic, 1 in 110 children suffers from autism, and 1 in 450 is diabetic.

In the 1980s, children were asked to get 23 doses of 7 different vaccines. By 2010, parents are being asked to give their children 69 doses of 16 vaccines. That's triple the dose of those recommended in the 1980s.

The Greater Good explores:

- The differing views on vaccine safety from Doctors, Scientists, Activists and Policy Makers.
- The link between vaccines and chronic illnesses such as asthma, allergies, learning disabilities, behavioural problems, autism, unexplained infant death as well as autoimmune diseases such as diabetes, lupus, multiple sclerosis and rheumatoid arthritis.
- The connection between gut, immune and neurological issues seen in vaccine injuries.
- How vaccines are researched, reviewed and regulated and what your rights are.
- Ingredients in vaccinations that are a cause for concern about vaccine safety.
- First hand stories of three families dealing with the devastating effects of vaccines.

As consumers we need to become better educated about vaccines and making decisions that are the result of knowledge and thoughtful consideration. For more information go to: <http://www.foodmatters.tv/dvds/the-greater-good>

A thought from Rawsome Coaching:

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

"The strength of your friendships is as critical for your health as the lifestyle choices you make," writes Elizabeth Svoboda in "Lessons for Living" in Psychology Today (September 2012). Svoboda contends:

"We've all heard the usual advice for living longer: exercise more, quit smoking, limit junk food. But nurturing your relationships plays an important role as well. Supportive friendships may do as much to promote your physical well being as a top-notch diet and workout regime. 'The higher the quantity and quality of your relationships, the longer you live,' says Bert Uchino, a psychologist at the University of Utah.... "Researchers speculate that the stress associated with low social support sets off a cascade of damaging reactions within the body, including cardiovascular dysfunction and weakened immune resistance."

I'm guessing at this, but if you are not inclined to have a social network that includes face-to-face contact and interaction and some level of activity, then you may be spending more time sitting in front of the television or on the computer. Sedentary activities where it is easy to also munch on food while watching your favourite shows or 'connecting' via social media. When we aren't filling our hearts with social interaction we still find a need to 'fill up'. There is a void, a social void. And as humans, we are inclined to fill voids with food. Emptiness is equated with a lack of something, and more often than not, we tend to think of food as the solution for emptiness, whether we are truly hungry or not. The spicier, saltier, sweeter, fatter the food we choose, the more it tends to placate the neediness we are experiencing. And what all those kinds of richer foods do (whether raw, plant-based, or animal-based) is pack on the calories. Increased calories equals increased weight gain equals increased health risks (high blood pressure, diabetes, heart disease).

Self-Coaching Activity:

1. Take stock of the number of social contacts you engage in (outside of the workplace).
2. Consider how many nights/days of the week are you involved in an activity that requires you to engage with other people (e.g. hiking group, dance class, night school, concerts or plays, learning a new language).
3. Think of one activity you can only do with another person. Look at your list of friends/acquaintances/family and book a date (it may be something simple like helping you move a piece of furniture or joining you for a lunch time walk or learning about a friend's latest trip abroad).

Take a risk. Reach out and call someone. It may be the start to improved health.

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 [chriscg@shaw.c](mailto:chriscg@shaw.ca)



Upcoming Workshops and Events

For more details visit:

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

Coming in November

- **Friday Inspired Dinners in November — Reservations Required**
\$25 (plus HST) RESERVATIONS REQUIRED – 250-537-2048
November 2 – Nama Takayama
November 9 – Italian
November 16 – East Indian
November 30 – Canadian Comfort
Enjoy a set 3-course gourmet dinner for \$25.00 (plus HST) plant-based and dairy and wheat free. Seating at 6 and 7 p.m. Reservations required. 250-537-2048. Check us out on Facebook or <http://rawsome.ca/news-from-the-cafe/> to find out about the weekly dinner specials.
- **Saturday Rawsome Workshops**
Saturdays from 10 a.m. -12 noon at – Rawsome Living Foods Café and Juice Bar - #106 – 149 Fulford-Ganges Road (Restaurant Row/Gasoline Alley) – Chef Jim will provide information on the benefits of a plant-based lifestyle and provide samples of live plant-based cuisine.

Saturday, November 3 Alkalinity for Health

Saturday, November 10 – Raw for a Day

Saturday, December 1 - Bake Shop – Dehydration Tips and Techniques

Saturday, December 15 - Decadent Desserts

Cost is \$20.00 (plus HST) and includes handouts and samples

Reservations and payment required in ADVANCE. - 250-537-2048 or rawsome@shaw.ca
- **Saturday Sweet Samplers**
Rawsome Living Foods Café and Juice Bar - #106 – 149 Fulford-Ganges Road Salt Spring Island, BC V8K 2T9- serving a hot beverage of your choice – tea, cacao, or coffee with a dessert sampler for only \$10 (plus HST) Saturdays from 1 to 3 p.m. Rawsome just got sweeter.

For more information and to MAKE RESERVATIONS

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

Upcoming Workshops and Events FUTURE:

Coming in December

- **Friday Inspired Dinners in December — Reservations Required**
\$25 (plus HST) RESERVATIONS REQUIRED – 250-537-2048
December 7 – Latin Fiesta
December 14 – Holiday Dinner - \$30 (plus HST)
Enjoy a set 3-course gourmet dinner for \$25.00 (plus HST) plant-based and dairy and wheat free. Seating at 6 and 7 p.m. Reservations required. 250-537-2048. Check us out on Facebook or <http://rawsome.ca/news-from-the-cafe/> to find out about the weekly dinner specials.
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Saturday, December 1 – Bake Shop – Dehydration Tips and Techniques

Saturday, December 14 – Decadent Desserts
- **Holiday Bake Sale**
Rawsome Living Foods Cafe and Juice Bar will be selling Holiday Baking and Gift Baskets for your special someone - all live plant-based treats. Rawsomely Festive. December 17 to December 22nd.
- **Rawsome Café will be closed from December 23rd to January 31st**

Rawsome Café will re-open February 1st

- **A Groundhog Day Brunch– Reservations Required – 250-537-2048**
Saturday February 2nd from 12:00 pm to 3:00 pm
- **A Valentine’s Day dinner at ‘Not A Cafe’ – Reservations Required – 250-537-2048**
Thursday February 14th from 6:00 pm to 8:00 pm
Enjoy a set 3-course gourmet dinner for \$25.00 (plus HST) plant-based and dairy and wheat free. Seating at 6 and 7 p.m. Reservations required. 250-537-2048. Check us out on Facebook or <http://rawsome.ca/news-from-the-cafe/> to find out about the weekly dinner specials.
- **Raw on the Rawk Part 2 – Coming in April – More information to come**

Transition Tips:

Can I effectively wash off pesticides from my conventionally grown fruits and vegetables?

If pesticides are present on the surfaces of your fruits and vegetables, you can definitely remove a large amount of those surface pesticides by carefully washing and lightly scrubbing. BUT (and this is a big "but"), you can't remove all of them AND you can't remove pesticides that were introduced into the fruits and vegetables while they were growing.

The amount of pesticides used on different fruit and vegetable crops can vary greatly from farm to farm and from year to year. The Environmental Working Group (EWG) headquartered in Washington, D.C., has sampled large groups of fruits and vegetables to determine which non-organic foods most consistently contain pesticide residues (and how many different residues they contain). You can visit the EWG website at: <http://www.ewg.org/foodnews/summary>. The worst offenders in the group have sometimes been tagged with the name, "Dirty Dozen." They named another group the "Clean 15" which is found to have the least amount of pesticide residues.

Following are the "Dirty Dozen" and "Clean 15" as found in their 2011 report.

Ranking	The "Dirty Dozen"
1.	Apples
2.	Celery
3.	Strawberries
4.	Peaches
5.	Spinach
6.	Nectarines-imported
7.	Grapes-imported
8.	Sweet bell peppers
9.	Potatoes
10.	Blueberries-domestic
11.	Lettuce
12.	Kale/collard greens

Ranking	The "Clean 15"
1.	Onion
2.	Sweet Corn
3.	Pineapples
4.	Avocado
5.	Asparagus

6.	Sweet peas
7.	Mangoes
8.	Eggplant
9.	Cantaloupe-domestic
10.	Kiwifruit
11.	Cabbage
12.	Watermelon
13.	Sweet potatoes
14.	Grapefruit
15.	Mushrooms

Source: Environmental Working Group (2011). Shopper's Guide to Pesticides in Produce.
Available online at: <http://www.ewg.org/foodnews/summary/>

On its website, the EWG reminds all of us that when it comes to fruits and vegetables, it would be most important for us to purchase organic when we are dealing with the "Dirty Dozen" because these fruits and vegetables have the most problem with pesticide residues. All non-organically grown foods can differ dramatically in their pesticide residues and your best bet is to choose from organically grown foods that cannot by law be treated with the vast majority of synthetic pesticides.

We live in an area where we are fortunate to be able to go one step further and purchase organically grown produce whenever possible. If local organic options are not available, select from the "Clean 15" versus "Dirty Dozen" fruits and vegetables.

Recipe of the month:

Mediterranean Meal



Falafels

- 1 large carrot
- 2 large celery stalks
- ¼ cup fresh parsley
- 1 grated clove of garlic
- 2 cups soaked almonds (can use unsoaked)
- 1 cup soaked sunflower seeds (can use unsoaked)
- ¼ cup raw tahini
- Juice of 1 lemon
- 1 tsp salt
- 1 tablespoon cumin curry
- 1/8 tsp cayenne

First Step:

Preferably soak all nuts and seeds for 8 hours. Can work if you have forgotten to soak the nuts. Drain and rinse.

Second Step:

Cut ingredients into chunks before adding to food processor.

Chop finely after each addition until smooth:

1 large carrot

2 large celery stalks

¼ cup fresh parsley or 1 Tbsp dry

1 grated clove of garlic

2 ½ cups soaked raw organic walnuts, almonds and sunflower seeds

¼ cup raw tahini

Juice of 1 lemon

1 tsp salt

1 tablespoon cumin

1/8 tsp cayenne

Add more spices/salt/cayenne to taste, if too bland.

If it is too wet, you can process in more nuts or almond flour if you have it, to make it drier. If too dry, add a couple tablespoons of water.

Third Step:

Form into round 1 inch balls. Serve on top of a leaf of lettuce. Drizzle humus on top for more flavour.

If you have a dehydrator, you can put into dehydrator on a mesh sheet for 2 hours at 105 degrees. Flip after one hour.

Tabouleh

- 2 tomatoes
- 1 cucumber
- ½ cup fresh parsley
- 1 grated clove of garlic
- Juice of 1 lemon
- ½ tsp salt
- ½ cup hemp seeds

Put all ingredients, except the hemp hearts, into the food processor. Make sure the tomatoes and cucumbers are cut up into chunks prior to placing in food processor. Pulse chop very lightly – just a few chops – until everything is mixed and diced (not pureed). Put into a bowl and then stir in the hemp seeds.

Can be eaten on its own or used as a fresh topping on a green salad.

Humus

- 1 medium zucchini
- ½ cup tahini
- 1 grated clove of garlic
- Juice of 1 lemon
- ½ - 1 tsp salt
- 1 tsp cumin
- 1/8 tsp cayenne

Peel zucchini and cut into chunks before placing in blender. Add all other ingredients. Start the blender on low to get the food moving. Slower turn the speed up until you can get it all pureed. Adjust the flavouring to your liking – i.e. perhaps hotter, or more lemon or tahini, or saltier.

Great to use as a dip with vegetables or crackers. Thin with some water to use as a salad dressing. Use as a topping for falafels.