



[www.rawsomelivingfoods.ca](http://www.rawsomelivingfoods.ca)

## OCTOBER Newsletter

October 2011



*"It is a mistake for anyone to think he has lived too long in his old, unsatisfactory ways to make the great change. If you switch on the light in a dark room, it makes no difference how long it was dark because the light will still shine. Be teachable. That is the whole secret."* -Vernon Howard

Last month we talked about the nutritional benefits of kale and we gave you a recipe for a kale salad. This month we continue our Kale Theme and offer a variation on salad in the form of Kale Chips.

A Caesar dressing from Alissa Cohen's book **LIVING ON LIVE FOOD** inspired this recipe for kale chips. She altered it from someone else's recipe. Taking a recipe you like and making it your own is part of the fun of "playing" with your food. We were impressed by the flavour and texture of this dressing and knew we could combine it with kale to make a delicious treat.

Kale is a nutritional standout in three basic areas: (1) antioxidant and anti-inflammatory nutrients, (2) much-needed macronutrients (in which the average U.S. adult is currently deficient), and (3) cancer-preventive nutrients called glucosinolates. Kale is an especially rich source of glucosinolates, and once kale is eaten and digested, these glucosinolates can be converted by the body into cancer preventive compounds. Some of this conversion process can also take place in the food itself, prior to consumption.

Kale does contain chemical defenses against herbivores. These chemical defenses can **reduce plant digestibility**. If you take time to chew your food and select organically grown food sources, you will reduce or eliminate this concern.

## **A thought from Rawsome Coaching:**

[Subscribe to the Rawsome Coaching Blog at: [www.rawsomecoaching.ca](http://www.rawsomecoaching.ca) or contact Chris at [chriscg@shaw.ca](mailto:chriscg@shaw.ca) for coaching.]

*"If there is one door in the castle you have been told not to go through, you must. Otherwise you'll just be rearranging furniture in rooms you've already been in." - Anne Lamott*

Imagine you walked through another door and you entered a paradigm shift.

Imagine the money designated for building bigger hospitals and cancer facilities was redirected to preventative health care promotion.

Imagine as part of health promotion there was a redirection of funds towards organic farming practices, local produce at affordable prices, supporting farm stands and markets in every community.

Imagine every community had community gardens with cooperative crop sharing and workshops on plant based nutrition and menu planning culminating in weekly communal potlucks.

Imagine that the schools only served plant based foods to the children who also gardened and prepared food grown in the school garden.

Imagine that chronic diseases were on the decrease resulting in new spending on early learning and care programs, family support, and other social support systems.

Imagine a healthy population resulting in a more vibrant workforce, a stimulated economy, housing for everyone, and a political focus on the health and well being of all citizens.

You can imagine or you can believe. And if you believe, then anything is possible. What's stopping you?

*Someone asked us recently, "Is there any limitation to the body's ability to heal?" And we said, "None other than the belief that you hold." And he said, "Then why aren't people growing new limbs?" And we said, "Because no one believes that they can." - Abraham*



## Upcoming Workshops and Events

For more details visit:

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

### Coming in October –

- **Rawsome Kitchen Make It and Take It Dinner**  
Sunday October 23 from 3:00 to 5:00 pm  
Make an entrée **and** dessert and take it home.  
\$22.00/person (limited seating)  
854 Long Harbour Road
- **Transitioning to Raw Living Foods and Sprouting Salads with Pizzaz**  
Saturday October 29 from 11 a.m. to 3:00 p.m.  
Royal Roads University, Victoria - \$50.00  
Jim Maurice and Chris Gay  
<http://www.royalroads.ca/continuing-studies/course-listings.htm?courseID=54>
- **Dinners by Design in the Rawsome Kitchen or Yours**  
Looking to have a special dinner for two, a birthday party for 12, or an intimate workshop and brunch or dinner for 6? Wanting to eat amazing **living** food AND learn about a raw living food lifestyle? Rawsome Living Foods will create the package for you. Contact Jim or Chris and we will design a meal that is rawsomenly out of this world, as well as, provide you with current information on the raw food lifestyle.

## FOR SALE:



Our close friend and colleague – Brenda Hinton – Raw Food Chef and Instructor at Living Lights Institute, is currently selling these wonderful nut milk bags. If you are interested in purchasing your own, please go to her link. Rawsome Living Foods will be getting some in stock in the near future. But for now, please support this very worthwhile cause and in the process get access to some 'skookum' nut milk bags from Bali. Thanks Brenda for all you do!

<http://nutmilkbag.rawsomecreations.com/more-than-a-nut-milk-bag.php>

### **Transition Tips: Kale and Digestibility**

(For more info follow this link to The World's Healthiest Foods, a not-for-profit foundation at <http://whfoods.org/>)

Plants use several strategies to defend against damage caused by herbivores. They have defenses that improve their survival and reproduction by reducing the impact of herbivores. Many plants produce secondary metabolites, known as allelochemicals that influence the behavior, growth, or survival of herbivores. These chemical defenses can act as repellents or toxins to herbivores, or **reduce plant digestibility**.

While most plant defenses are directed against insects, other defenses have evolved that are aimed at vertebrate herbivores, such as mammals. All plants produce chemical compounds as part of their normal metabolic activities, such as sugars and fats, as well as other compounds that harvest light, protect the organism from radiation and display colors to attract pollinators. The chemical profile of a single plant may vary over time as it reacts to changing conditions. It is these secondary metabolites and pigments that can have therapeutic actions in humans and which can be refined to produce drugs.

The word "drug" comes from the Dutch word "droog" (via the French word Drogue), which means 'dried plant'. Some examples are insulin from the roots of dahlias, quinine from the cinchona, morphine and codeine from the poppy, and digoxin from the foxglove. The active ingredient in willow bark, once prescribed by Hippocrates, is salicin, which is converted in the body into salicylic acid. The discovery of salicylic acid eventually led to the development of "[aspirin](#)".

### **Kale and Oxalates**

Kale is among a small number of foods that contain measurable amounts of oxalates, naturally occurring substances found in plants, animals, and human beings. When oxalates become too concentrated in body fluids, they can crystallize and cause health problems. For this reason, individuals with already existing and untreated kidney or gallbladder problems may want to avoid eating kale. Some studies have shown that oxalates may also interfere with absorption of calcium from the body. Yet, in **every** peer-reviewed research study, the ability of oxalates to lower calcium absorption is relatively small and definitely does not outweigh the ability of oxalate-containing foods to contribute calcium. If your digestive tract is healthy, and you do a good job of chewing and relaxing while you enjoy your meals, you will get significant benefits - including absorption of calcium - from calcium-rich foods plant foods that also contain oxalic acid.

### **Kale and Pesticide Residues**

Virtually all municipal drinking water in North America contains pesticide residues, and with the exception of organic foods, so do the majority of foods in our food supply. The liver's ability to process other toxins, the cells' ability to produce energy, and the nerves' ability to send messages can all be

compromised by pesticide exposure. According to the *Environmental Working Group's 2011 report "Shopper's Guide to Pesticides in Produce,"* kale is among the 12 foods on which pesticide residues have been most frequently found. (See next month's newsletter for more info on pesticides in our food supply). In order to avoid pesticide-associated health risks, it is important to avoid consumption of kale unless it is grown organically.

### **Recipe of the month:**

## **"I come to praise Caesar" Kale Chips**



### **Kale Chips**

- 2 big bunches of kale
1. Wash and de-stem kale. Chop into "chip" size pieces.
  2. Toss with *Caesar Dressing* to coat all pieces.
  3. Spread onto mesh dehydrator tray with Teflex sheet.
  4. Place in dehydrator set at 105°F/40° C for two hours. Flip over and remove Teflex sheet. Continue to dehydrate until crispy (from 6-12 hours).

### **Caesar Dressing**

- 1 cup pine nuts (or walnuts)
- 1 Tablespoon flax oil
- 1 1/2 teaspoon sea salt
- 1/3 cup olive oil
- 1 pitted date (soaked)
- 1 large garlic clove, crushed
- 2 1/2 Tablespoons fresh squeezed lemon juice
- 2 Tablespoons water
- 1/2 Tablespoon light miso
- ¼ cup red Star Nutritional Yeast

1. Blend the pine nuts, flax oil and salt in a blender until grainy.
2. Set aside in a small bowl
3. Blend the olive oil, miso, date, garlic, lemon juice, nutritional yeast, and water in a blender until smooth.
4. Combine all ingredients and mix by hand.

**Note:** Try not to overprocess the pine nuts. A “grainy” texture will give the dressing a “cheesy” flavour.