



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

## September Newsletter

September 2009

*"Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution of a vegetarian diet." - Albert Einstein*

Vegetables such as broccoli are particularly high in a chemical called glutamic acid. This flavour-enhancing compound is found in all vegetables and could be one of the reasons why the "five portions a-day" diet protects people against heart disease. Glutamic acid is the chemical which creates the taste known as 'umami' or 'savoury'.

A recent study of 4,680 people aged 40 to 59, published in The Journal of the American Heart Association, found - on average - the more savoury substance they consumed the more their blood pressure fell.

Hello Dear Friends,

It was a fun filled, packed six days at the Living Lights Expo in Ft. Bragg. My entourage of ten Japanese raw food acolytes enjoyed their tour of raw food sites in San Francisco, the coast highway and of course their two day "Becoming A Raw Chef" workshop. I will be returning to Tokyo in October to another tour of workshops.

I was able to slip away to hear a lecture by Brian Clement from Hippocrates Center in Florida. He is an amazing lecturer and I came away with much to think about and put into practice. Chris and I are planning on visiting Hippocrates in the new year.

It seems that in all I do and the more I try to do to fill my days, I forget about the true meaning of my life. I believe we are here to enjoy and experience each moment. I want to live each moment fully, appreciating the moment and being grateful for this miracle we call life.

So I am left with a thought from Chris, "What is it in all this complaining that you really care about?"

How often do we complain without reflection? We make choices and they lead us to where we have arrived. We are in the present as a result of the past. The choices we make will lead us to a future moment. How can we change our complaining to creative choices?

### **September/October Workshops Update:**

Our demo kitchen is taking shape and with good fortune, we are looking forward to a November opening.

For September we will be offering three workshops:

“Brunch on the Island”- Sunday the 13<sup>th</sup> and Saturday the 26<sup>th</sup>

“Intro to the Benefits of Juicing” - Sunday the 20<sup>th</sup>

Contact [rawsome@shaw.ca](mailto:rawsome@shaw.ca) for more information

### **A Great Link:**

Chris went to Boston this past week to study with Alissa Cohen at Café Grezzo (<http://www.alissacohen.com/>). One of her fellow students posts a very cool blog (<http://beautifullivingfood.blogspot.com/>) We like her recipes. It is just another example of the Raw Revolution and the amazing things people are doing out in the world. In fact, I am continually amazed by how much more there is for us to discover in the “RAW WORLD”.

### **A thought from Chris**

Be not afraid of life. Believe that life is worth living, and your belief will help create the fact. - Henry James

There is something about young children that inspires me. Those who have been raised in a loving and nurturing environment, relatively free from debilitating illnesses and socio-economic and environmental challenges, burst through the door of life eager to greet each step with gusto and promise. I know I am highly influenced by the 3 young children in my life at the moment. Kai is 3 1/2 years old, Kumi is 2 and Kobe is at the ‘forming and norming’ age of 1 month. A tornado enters our home and takes our collective breath away whenever they visit and have ‘nana and poppy’ time. There is little time to fear life when 3 young children expand the parameters of what living is all about.

### **Kitchen Tips**

#### **Vitamix Affiliate Program**

An essential tool for any raw-foodist, or anyone interested in making an amazing array of delicious recipes. Vitamix makes a range of different blenders of the highest quality.

Order directly from Vitamix and get free standard shipping when you quote the code 06- 004019 Call: 1 (800) 848-2649 Ext. 2303 or [order online](#)  
FREE STANDARD SHIPPING (\$35 VALUE) CN  
USE CODE 06- 004019  
[www.vitamix.com/household](http://www.vitamix.com/household)  
Contact me for more information about the program.

**From: VIKTORAS KULVINSKAS**

Public news sources and government agencies have warned us about an impending epidemic. Over half of our population is expected to be infected with swine flu in the upcoming months. The government is rushing to produce vaccines (no, no - mercury is involved!) and some 90,000 deaths are expected.

A diet of raw whole organic foods, internal cleanliness, spiritual practice and exercise are the best prevention.

Should you contract the flu, you might want to consider large amounts of garlic taken in juice form mixed with green vegetable and carrot juice, wheatgrass and blue green algae and green drinks as an alternative to the antibiotics that the government, pharmaceutical companies and doctors will be prescribing. And don't forget to take considerable doses of probiotics, especially if you make a decision to use antibiotics. Extra enzymes won't hurt either.

Be blessed, stay well and always be helpful and kind to others.

## Recipe Of The Month

This recipe came from Russell James (<http://www.therawchef.com/>). One of my favourite raw chefs. His recipes are fun and very elegant.

# Broccoli In A Hoisin Sauce With White cabbage “Rice”

Serves 2

*Inspired by Russell James*



- 5 cups (500g/1.2lb) broccoli florets
- 2 tablespoons lemon juice
- 3 tablespoons olive oil
- 1 tablespoon Nama Shoyu

Mix all ingredients together in a large bowl and massage with your hands until the broccoli becomes darker green and softer. It will look almost “cooked”. Allow to stand for 10 minutes.

Transfer the broccoli to a dehydrator tray with a non-stick Teflex sheet or parchment paper and dehydrate for 4 hours at 105° F. Turn the tray around halfway through to allow the broccoli to dry evenly.

### *For the sauce*

Blend in a high-speed blender:

- 1/2 cup tahini
- 1 - 2 tablespoons water
- 2 teaspoon lemon juice
- 2 teaspoon yacon syrup or agave
- 2 teaspoon apple cider vinegar
- 5 teaspoons Nama Shoyu
- 1 garlic clove, crushed
- 1 small de-seeded chili, minced
- 1 - 2 slice (s) of fresh ginger (to taste)

As with most dipping sauces, this sauce tastes best if the flavours are allowed to blend for 1 hour before serving. Makes about 3/4 of a cup. Combine 1/4 - 1/2 cups of sauce with broccoli and serve with “White Cabbage Rice”. Leftover sauce can be thinned for a salad dressing, or used as a dip. Store in fridge for 2 to 3 days.

## White Cabbage “Rice”

- 1 1/2 cups (275g/10oz) white cabbage
- 1 1/2 tablespoons pine nuts
- 1 tablespoon macadamia nuts
- 1 tablespoon light miso
- 1 tablespoon cold-pressed sesame oil
- 3 Spring onions or green onions, finely chopped

Shred cabbage to rice size pieces.

Place all ingredients, except the spring onions, in a food processor and process until fluffy and rice-like.

Transfer to a bowl and stir in the chopped onions.

***Spring Onions:*** The Spring onion has a slightly more rounded and defined bulb and is typically larger than the slender and more delicate green onion. The flavour has more bite and is somewhat hotter.

They can be used raw, but their mature bulb is slightly more pungent than green onions. Use with a light hand in fresh green salads where more delicate flavors can be overpowered.