



www.rawsomelivingfoods.ca

SEPTEMBER Newsletter

September 2011



"I try to live my life where I end up at a point where I have no regrets. So I try to choose the road that I have the most passion on because then you can never really blame yourself for making the wrong choices. You can always say you're following your passion." ~Darren Aronofsky

Last Saturday night I was a presenter at the Salt Spring Island **Pecha Kucha Night (PKN)**. Pecha Kucha (Japanese for *chit-chat*) is a presentation format in which 20 slides are shown for 20 seconds each.

Pecha Kucha Night was started in 2003 and has become a worldwide phenomenon being held in over 430 cities worldwide as of August 2011. Event flyers are posted on the global Pecha Kucha Daily blog (<http://www.pecha-kucha.org/>).

The event consisted of ten presentations; each presenter had 20 slides, each shown for 20 seconds on a timer. So I had just 6 minutes and 40 seconds to talk about my passion for raw food before the next person took the stage. The amazing range of talent, skill and passion on this island was breathtaking.

Needless to say, it's impossible to cover the reasons for becoming a raw foodist, the benefits of a raw food diet, and sustaining the discipline to maintain a raw lifestyle in 6 minutes and 40 seconds.

It was a lot of fun and it gave me the opportunity to reflect on the last 6 years and why I choose to go raw. I am glad I did. I made the right choice and I am still following my passion.

A thought from Rawsome Coaching:

Change is not merely necessary to life - IT IS LIFE - Alvin Toffler

I am into my third course through Cornell University and looking forward to completing my Certificate in Plant Based Nutrition in two weeks. I have been learning about the value of a plant-based diet – and not necessarily raw. I have been reading about the research and studies that unequivocally prove that animal protein is detrimental to your health. I am convinced that plants have restorative capabilities and when consumed (rather than animal based foods) they can reverse many of the common diseases plaguing North America today.

All it takes is:

One day at a time.

One plant at a time.

To make a difference in your life.

Wanting to live longer, look and feel younger, have more energy, and lose weight?

All it takes is:

One day at a time.

One plant at a time.

No magic pills or quick-fix diets. Just pure, whole fruits and vegetables providing you with all the nutrients you need to prevent future diseases like heart disease, diabetes, and obesity, and more. And if you already find you have a health crisis in your life, these same whole fruits and vegetables will repair the damage that has been done.

How?

All it takes is:

One day at a time.

One plant at a time.

*To read about what I have been learning this past month subscribe to the **Rawsome Lifestyle Coaching Blog** and check out my new and archived posts at: www.rawsomecoaching.ca or contact me, Chris, at chrisgay@shaw.ca for a free 20-minute information session and/or to book a coaching session with me.*



Upcoming Workshops and Events

For more details visit:

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

Coming in September

- **Rawsome Kitchen Take Out Lunch**
Wednesday, September 14 from 12 Noon to 3:00 pm
854 Long Harbour Road
Reservation Required – rawsome@shaw.ca or 250-537-2048
- **Rawsome Students – Final Graduation Dinner**
Wednesday, September 21 from 6:00 to 8:00 pm
Enjoy a 5-course dinner designed and prepared by our students
\$25.00 per person
854 Long Harbour Road
Reservation Required – rawsome@shaw.ca or 250-537-2048

Coming in October

- **Rawsome Kitchen Make It and Take It Dinner**
Sunday October 16 from 3:00 to 5:00 pm
Make an entrée and dessert and take it home - \$22.00/person
854 Long Harbour Road
Reservation Required – rawsome@shaw.ca or 250-537-2048
- **Transitioning to Raw Living Foods and Sprouting Salads with Pizzazz**
Saturday, October 29 – 11 a.m. - 3 p.m. Royal Roads University, Victoria
\$50.00 – Jim Maurice and Chris Gay
<http://www.royalroads.ca/continuing-studies/course-listings.htm?courseID=54>

Coming in December

- **Healthy Entertaining in the Raw: Green Smoothies, Kale Chips and Gluten-Free and Dairy-Free Desserts**
Saturday, December 3 – 11 a.m. - 3 p.m. Royal Roads University, Victoria
\$50.00 – Jim Maurice and Ken Steele
<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 party for 12, or an intimate workshop and brunch or dinner for 6? Wanting to eat amazing raw living food AND learn about a raw living food lifestyle? Rawsome Living Foods will create the package for you.

RESERVATIONS and INFO: rawsome@shaw.ca or call: 250-537-2048

Transition Tip – Fresh from the Garden

The beautiful leaves of the kale plant (a member of the *Brassica* family) provide more nutritional value for fewer calories than almost any other food. If you're looking to protect your health and enjoy a delicious food at the same time, kale is a great choice. It is available locally and can be found in markets throughout the year, but from the middle of winter through the beginning of spring it has a sweeter taste and is more widely available. Kale actually tastes sweeter and more flavourful after being exposed to a [frost](#).

Tender kale greens can provide an intense addition to salads, particularly when combined with other flavourful ingredients such as tomatoes, olives, pine nuts, peppers, and topped with an Asian-style dressing.

The Health Benefits of Kale include:

- Phytonutrients that help prevent cancer
- Protection against ovarian cancer
- Cleansing and detoxification of cells
- Lowering cataract risk
- Promotes lung health
- Antioxidant protection and immune support
- Protection against rheumatoid arthritis
- Manganese-energy production
- Good source of fiber
- A good source of calcium
- Slows loss of mental function
- Cardiovascular benefits

The nutritional values for 1 cup (250mg) of Kale

| Nutrient | Amount | DV (%) | Nutrient Density | Foods Rating |
|-------------------------|---------------|---------------|-------------------------|---------------------|
| Vitamin K | 1062.10 mcg | 1327.6 | 656.5 | Excellent |
| Vitamin A | 9620.00 IU | 192.4 | 95.1 | Excellent |
| Vitamin C | 53.30 mg | 88.8 | 43.9 | Excellent |
| Manganese | 0.54 mg | 27.0 | 13.4 | Excellent |
| Dietary fiber | 2.60 g | 10.4 | 5.1 | Very good |
| Copper | 0.20 mg | 10.0 | 4.9 | Very good |
| Tryptophan | 0.03 g | 9.4 | 4.6 | Very good |
| Calcium | 93.60 mg | 9.4 | 4.6 | Very good |
| Vitamin B6 | 0.18 mg | 9.0 | 4.5 | Very good |
| Potassium | 296.40 mg | 8.5 | 4.2 | Very good |
| Iron | 1.17 mg | 6.5 | 3.2 | Good |
| Magnesium | 23.40 mg | 5.8 | 2.9 | Good |
| Vitamin E | 1.11 mg | 5.6 | 2.7 | Good |
| Omega 3 fatty acids | 0.13 g | 5.4 | 2.7 | Good |
| Vitamin B2 (riboflavin) | 0.09 mg | 5.3 | 2.6 | Good |
| Protein | 2.47 g | 4.9 | 2.4 | Good |
| Vitamin B1 (thiamin) | 0.07 mg | 4.7 | 2.3 | Good |

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|---------------------|-----------|-----|-----|------|
| Folate | 17.29 mcg | 4.3 | 2.1 | Good |
| Phosphorus | 36.40 mg | 3.6 | 1.8 | Good |
| Vitamin B3 (niacin) | 0.65 mg | 3.2 | 1.6 | Good |

From The World's Healthiest Foods <http://www.whfoods.com>

Nutrient density compares the nutritional content of a food to its calorie content. If a food is very high in one or more nutrients, but very low in calories, it can be described as "nutrient dense".

"Daily Value" or "% Daily Value" describes the amounts of nutrients that a food contains. In a strictly technical sense, the term "Daily Value" (DV) refers to a standard that is set by the U.S. Food and Drug Administration (FDA) for use on the Nutrition Facts Panel of a packaged food. The FDA describes DVs as "reference values for nutrition labeling." From the FDA's perspective, DVs are a way to provide consumers with an easy-to-follow. They are a "one size fits all" set of standards.

The Food Rating compares nutrient density to the "% Daily Value", or in other words does a serving provide you with a "good", "very good" or "excellent" source of nutrients.

Recipe of the month:



“Island Kale” Salad

6 servings

Each serving (about 1 cup) = 300 calories

This is a great seasonal salad. The attraction of this salad is its versatility. It can be as simple or eloquent, as “locavore” or exotic as you choose to make it.

Basic Salad

- 2 bunches of kale (about 3-4 leaves per person, depending on size of kale)
- 2 tablespoons extra virgin olive oil (cold pressed and organic)
- 2 tablespoons lemon juice
- ¼ teaspoon Himalayan salt

My favourite additions

- 1 tomato (seeded and diced)
- 1 avocado (diced)
- 1 diced red pepper
- ¼ teaspoon fresh ground black pepper or a dash of cayenne pepper

1. Wash and towel dry kale leaves and remove stems. Keep for juicing.
2. Cut or tear kale leaves into small pieces or strips. You can use a food processor to pulse chop.
3. Place the kale in a mixing bowl along with the olive oil, lemon juice, and salt. Toss well with your hands, working the dressing into the greens. When kale is cut into thin strips and gently massaged with your hands, it achieves a soft and juicy texture that makes it delightful in salads.
4. Add the tomato, red pepper and avocado and toss gently. Season to taste with black pepper. Stored in a sealed container in the refrigerator, kale salad will keep for three days. Bring to room temperature before serving.

Variation #1: Add ¼ cup raisins, ¼ cup pine nuts, ¼ cup sliced kalamata olives

Variation #2: Add shredded carrots, romaine, red cabbage, celery or whatever pleases your palate.