



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

## September Newsletter

Sept 2013



*"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours".*

Henry David Thoreau

It has been very difficult arriving at a decision.

With sadness and after a great deal of soul searching, Chris and I have decided to not resign our lease. We have decided to close the doors to the Rawsome Cafe and Juice bar on November 30th. Perhaps someone will still come forward to continue the vision, but we are moving on.

This last year has been probably the most fulfilling and joyous year of our life. We have done what we love. We created art with nutritious food that we could share with wonderful people in an atmosphere of bliss and excitement. Each day presented new challenges and new opportunities.

But it has been physically exhausting and difficult to sustain financially. We chose to use only the best ingredients we could buy. We supported local farmers and

bought locally. As we became more successful and better known, we had to spend more. As we sold more we bought more. The cycle continued and our profit margin never changed. The more money we brought in the more money went out the door. This is not a complaint; it is a fact of doing business ethically.

We could not have done it alone and we can't even begin to express how appreciative we are of our staff. They have been marvelous.

At the end of the day, we can look back on a wonderful experience. As I said, this last year has been the most fulfilling and joyous year of our life.

This cafe has been many things to many people. The food has consistently carried a high vibrational level filled with love. We provided a valuable service to wonderful people. We tried to make our food not only the best raw food that anyone has ever tasted, but the best food ever tasted.

Praise is seductive and I was seduced daily. We received accolades, praise and generous compliments. We felt appreciated. If only we could live on being appreciated...

We kept our prices low; we made our portions generous. We choose ingredients of high quality. We tried to stay true to our beliefs. We wanted to provide ethical, nutritious food to the people of this island. Our customers have supported us to the best of their abilities and means.

Perhaps in the New Year you will want us to prepare you a dinner, a dessert or help with a special event. We will design whatever you desire.

In the meantime, on December 1st we create a new vision.

Thank you for your kindness, your support and for being part of creating change.



## ***Upcoming Workshops and Events***

**For more details visit:**

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

### ***Coming in September Sip and Savour***

- **Rawsome \$1 Off Weekly Special**  
Every week Rawsome has one item on the menu that is \$1.00 off the regular price. Ask us what's on special for the week and consider adding a half salad or dessert for a complete meal.
- **Salt Spring Saturday Market**  
Rawsome Living Foods Café and Juice Bar is located in the heart of the Salt Spring Saturday Market every Saturday from 9-4. Come check out our ever-amazing juices, smoothies, entrees and desserts.
- **Made to Order Dinners and Cakes**  
Do you have a special event coming up that you'd like to celebrate with a catered dinner or made to order cake? Give us a call and let's see what we can create with you in mind. Rawsomely delicious.

**For more information and/or to MAKE RESERVATIONS**

**Email: [rawsome@shaw.ca](mailto:rawsome@shaw.ca) or call: 250-537-2048**